

## 'EVERY MOMENT IS A FRESH BEGINNING'

### Overcoming your child's fears and worries

We all experience anxiety, fears and worries, but for some children and adults these experiences can be overwhelming and interfere with everyday life. For children this may include difficulties at home, school or with friendships.

We know a lot of parents and carers find it difficult to know how to deal with their child's anxiety.

The Bucks Mental Health Support Team are running a group for parents who have a child who experiences anxiety. The group offers practical strategies to help you support your child when they are struggling. It also provides parents with an opportunity to meet other parents who are in a similar position.

The strategies taught in the group include:

- The role of reassurance and safety behaviours
- Solving problems
- Encouraging independence
- Difficulties with sleep

If you are interested in attending please let your school's mental health lead know and they will make a referral to us. Your child will need to be under the care of the Mental Health Support Team for you to access the group. Once we have received the referral we will be in touch with you to arrange an assessment over Microsoft Teams. This will be an opportunity for you to discuss your child's anxiety and we will share some more information with you about the group.



#### How sessions are delivered

##### **Group format**

Up to 10 parents per group either face to face or via Teams

1st session—2hrs

Followed by

4 session—1.5hrs

#### Helping Your Child With **Fears and Worries**

A self-help guide for parents

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