

Module 1: Course introduction

Wellbeing Team

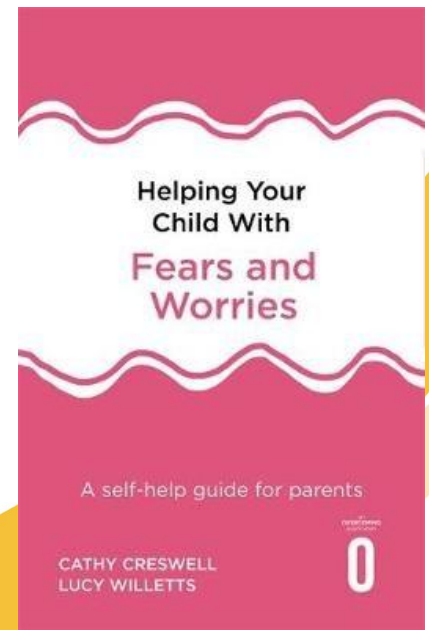
Delivered by Chrissey Thomas



**achieving
for children**

What is this course about and who is it for?

- Guided self-help for parents to learn strategies for supporting their child(ren) in overcoming their anxiety.
- For parents of children aged 5-12 years
- We use strategies based on Cognitive Behaviour Therapy (CBT)
- There is an accompanying book 'Helping your Child with Fears and Worries' by Cathy Creswell and Lucy Willetts. We will advise of chapters to read in this book for each module.



Why deliver anxiety support through parents?

- Parents are the experts on their child
- Parents can continue using strategies further in the future
- Parents have many opportunities to apply strategies in daily life
- Parents are highly motivated to help their child and can see longer term benefits
- Children do not need to miss school or other activities

How to use this online course

- At least one parent should consistently ‘attend’ every session
- Each session, we will suggest strategies and activities to try out at home- remember the biggest change happens outside of the sessions!
- Positive change typically occurs gradually over time and continues after sessions have ended
- You won’t need a printer- you can draw things out or use the digital templates we send
- We will send a summary and activity sheet after each session.

Home tasks before the next session

- Read Part 1 (Chapters 1-5) of the Helping Your Child book: *Understanding your Child's Fears and Worries*
- Read Chapters 6 and 7 of the Helping Your Child book: *How to use this book* and *Step 1: What are your goals?*