



Helping Your Child Manage Their Fears and Worries - Session 6/6





Welcome Back!



Who we are:



Our learning journey:

- Session 1 - Understanding Anxiety
- Session 2 - Increasing independence
- Session 3 - Step-by-Step Plan
- Session 4 - 1:1 check in
- Session 5 - Problem Solving
- Session 6 - Helping Things Last



Agenda

- ❑ Check-in and recap
- ❑ Other tips for anxiety support
- ❑ Planning for the future
- ❑ Final questions/reflections
- ❑ Other resources
- ❑ Feedback



Group agreement

- Arrive on time
- No personal recording of sessions
- Keep information discussed in sessions confidential
- Actively take part in the session - keep cameras on
- Mute yourself when not speaking to avoid noise feedback
- Keep phones on silent or off during the session
- Ensure everyone has a chance to speak
- Be respectful of each other and others' opinions
- Explore together, rather than expecting to be 'taught'



Ice - Breaker

As a child, what did you want to be when you grew up?



Recap

Session 4 recap



What is the problem?	List all the possible solutions	What would happen if I choose this solution?	Is this plan doable? Yes/No	How good is this plan? Rate 0-10	What happened?

REMEMBER:
Having a go is just as important as a successful outcome

Goal setting



Setting goals helps you to keep on track and monitor your child's progress.



Goals are reviewed regularly to give a sense of achievement

Have your goals for your child changed as the intervention has progressed?

How is your child getting on with their current goal?



Be curious



By using curious questioning, you can try to find out what might be causing your child to behave a certain way.

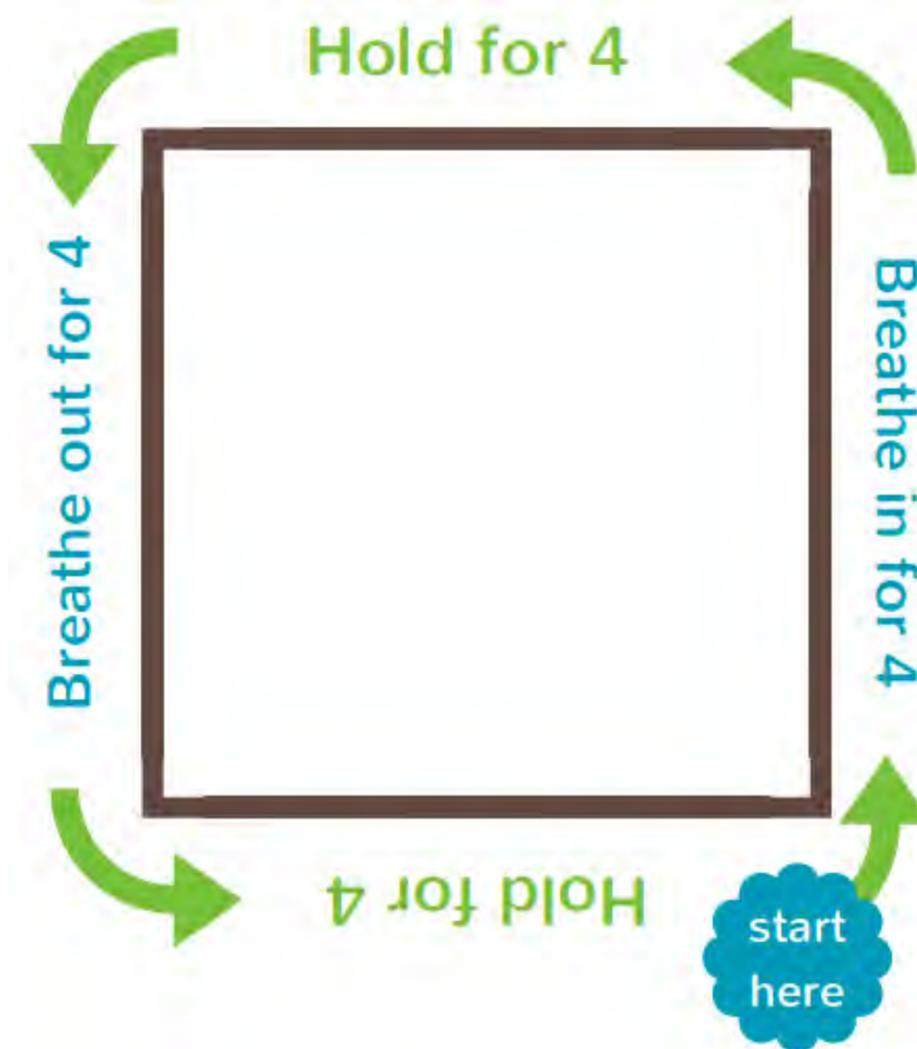
WIN(E)

- **Wonder...** I wonder if you had a difficult day at school today
- **Imagine...** I imagine that you might be feeling tired and then big emotions can feel really horrible
- **Notice...** I notice you seem to be getting angry with mummy
- **Empathy...*is all of the above!***



Other ways to help children with anxiety

Square breathing



Grounding exercises



Stay Grounded Using Your 5 Senses

Relax Your Body, Take a Few Deep Breaths and Focus on the Following...

- 5** Things You Can See 
- 4** Things You Can Feel 
- 3** Things You Can Hear 
- 2** Things You Can Smell 
- 1** Thing You Can Taste 

Other ways to help children with anxiety

Self-soothe box



Other ways to help children with anxiety

[Progressive muscle relaxation](https://www.youtube.com/watch?v=kdLTOurs2IA)

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Progressive muscle relaxation



<p>Hands and Arms</p>	<p>pretend you have a lemon</p> 	<p>squeeze the lemon</p> 	<p>drop the lemon</p> 	<p>repeat 2 times</p> 
<p>Shoulders and Neck</p>	<p>pretend to be a turtle</p> 	<p>lift your shoulders up</p> 	<p>pull chin down to feet</p> 	<p>repeat 2 times</p> 

What now?

This has been a journey in helping your child.

You now have strategies to help your child.

REMEMBER:
Overcoming anxiety can take time, but if things do not improve or you have further concerns please contact your school mental health lead or GP.



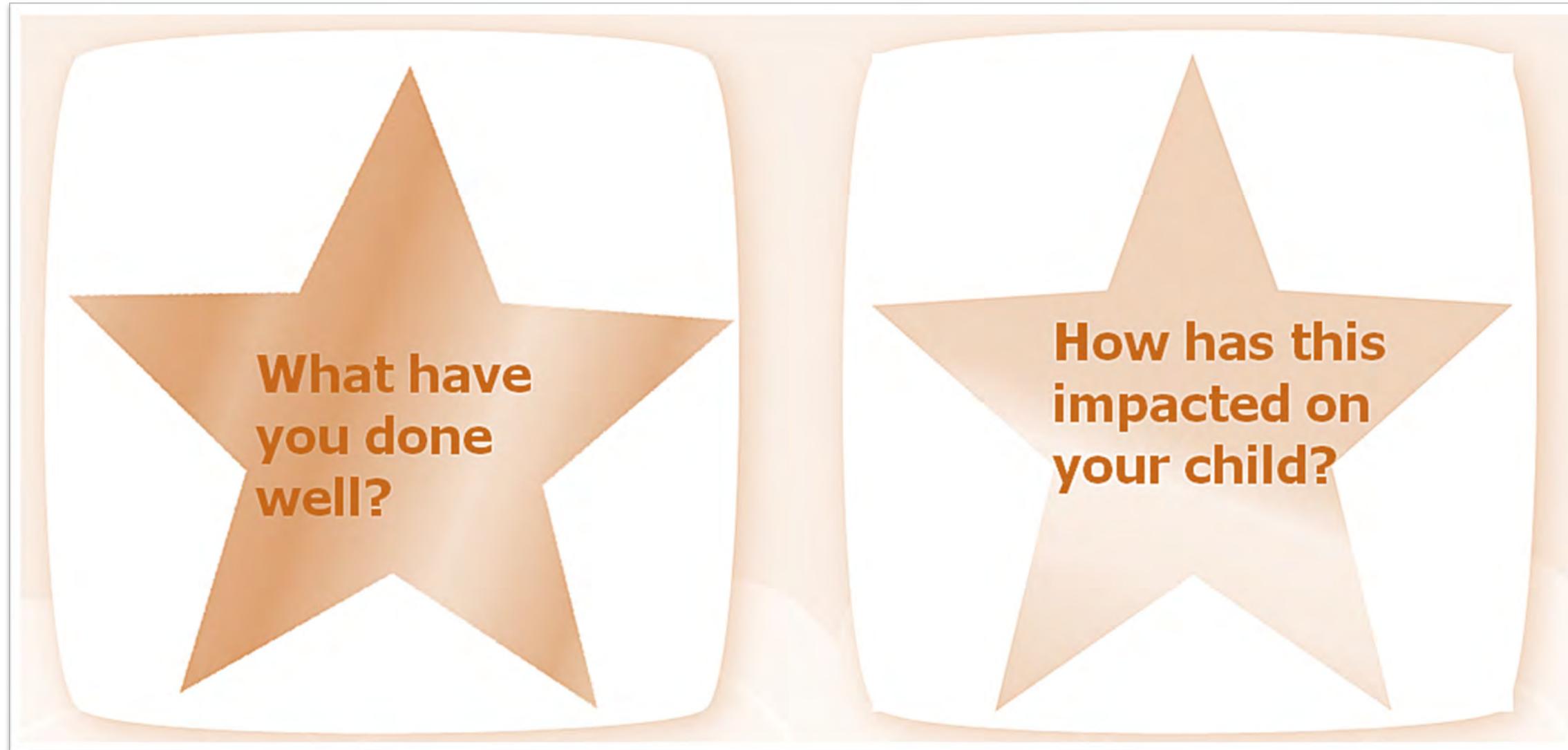
Planning for the future

1. Keep practicing the tips you have learned
2. Keep working towards your child's goal by encouraging them to take small steps on their step-by-step plan and reward them
3. Use problem solving strategies
4. Write down things that you and your child need to work on



Reflections

Feedback in the chat



What have you done well?

How has this impacted on your child?

Planning for the future

HANDOUT 11 – THINGS I HAVE DONE THAT HAVE BEEN HELPFUL FOR REDUCING MY CHILD’S ANXIETY



Planning for the future

HANDOUT 12 – THINGS FOR ME AND MY CHILD TO CONTINUE TO WORK ON

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____





Planning for the future

The Psychology in Schools Service Norfolk and Suffolk Foundation Trust (NSFT)

This YouTube link takes you to the NSFT Psychology in Schools Team videos for parents https://www.youtube.com/results?search_query=nsft+psychology+in+schools+team

This link takes you to the menu of free virtual live courses run by the NSFT Psychology in Schools Team which parents can book on to.
<https://www.nsft.nhs.uk/parent-workshops/#School>

(If you don't have time to do a virtual live course then you can watch the recordings of the sessions on their YouTube Channel)



Planning for the future



NSFT
Psychology
in Schools
free online
parent
workshops

Work with us ▾ Get involved ▾ Carers ▾ Search Help in a crisis

Parent Workshop Programme

- [Supporting young people with anxiety](#)
- [Supporting your child to manage their big feelings \(suitable for children aged 0 to 11 years\)](#)
 - [Parenting the Anxious Adolescent - Part one and two](#)
 - [Building Confidence and Managing Anxiety in Your Child \(Under 12s\) - Part one and two](#)
- [Tools to manage uncertainty and building resilience in young people](#)
- [Supporting your child to attend or get back to school](#)
- [Supporting young people with low mood](#) - refreshed in May 2023
- [Supporting our children and adolescents with sleep](#)
- [Understanding young people's self-harm](#)
- [Supporting our Young People with self-harm](#)
- [Supporting your child to regulate their emotions](#)

[workshops - Spring term \[pdf\] 137KB](#)

Schools Development Programme

Our Psychology in Schools team have also delivered a series of workshops designed to provide education professionals with tailored training to support the wellbeing of young people in a school setting. These workshops have been

Follow the 5 steps to mental wellbeing

1. Connect with others
2. Be active
3. Take notice of what's around you
4. Continue to learn
5. Give to others

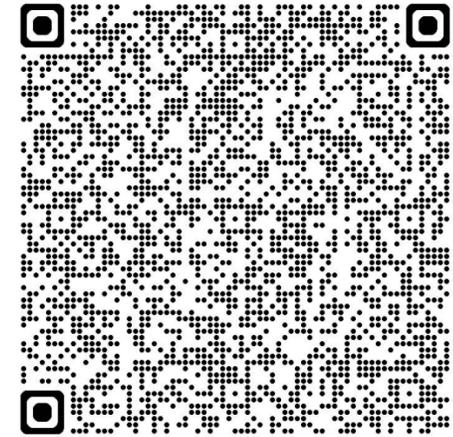




Review and feedback can help you (and us) plan for the future

Review how you feel these workshops have gone over the past 6 weeks.

- Use the QR Code
- Or use the link



(The link is also in the Teams Chat)

<https://tinyurl.com/ymwz6swv>

Any other questions?



Other agencies/resources to help your child

YOUNGMINDS

Contact Us

Call the Parents Helpline: 0808 802 5544 (Monday to Friday 9.30am - 4pm, free for mobiles and landlines)

Children & Young People's Health Services
Norfolk & Waveney
JustOneNorfolk.nhs.uk
0300 300 0123





Other agencies/resources to help your child



Talking Therapies



Feeling low?
Anxious?
Struggling to cope?

Text SHOUT to 85258 for free, confidential support, 24/7

SAMARITANS

Call free day or night on
116 123

A registered charity



Any
feedback/questions?
&
Congratulations - time
to celebrate!

