



# Helping Your Child Manage Their Fears and Worries - Session 5/6





# 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
- ❑ How to problem solve
- ❑ Teaching your child to problem solve
- ❑ Summary
- ❑ 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

If you could give one piece of advice to your younger self, what would it be?



# Recap

## Session 3 recap



## Example step-by-step plan

### STEPS

**Ultimate Goal: Ask the teacher a question in front of the whole class.**

6. Answer a question asked by the teacher (answer not planned) in front of the whole class

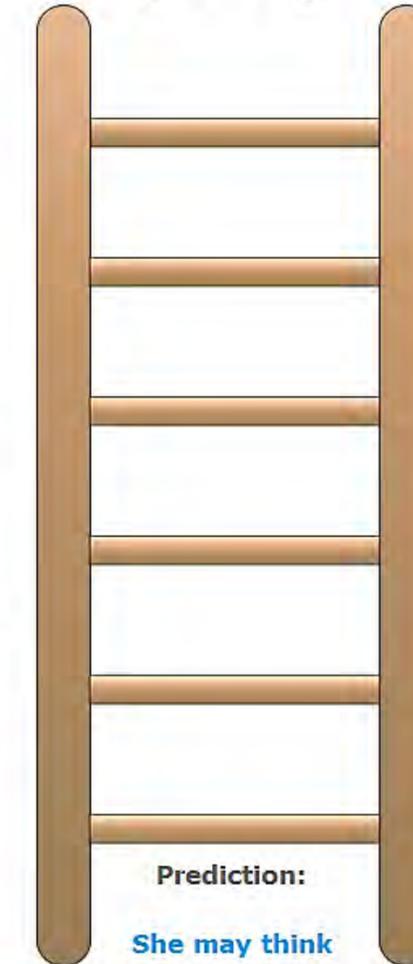
5. Answer a question asked by the teacher (planned in advance) in front of the whole class

4. Ask the teacher a question in a small group

3. Answer a question asked by the teacher (answer not planned) in a small group

2. Answer a question asked by the teacher (planned in advance) in a small group

1. Ask the teacher a question after class has finished and classmates have gone



### REWARDS:

**Ultimate Reward:**  
Dinner out

6. Go to the craft shop after school

5. Stop off on the way home at the coffee shop

4. Make cakes with parent/carer

3. Choose a favourite dinner

2. Stop off on the way home for a magazine

1. Praise from parent/carer

Prediction:

She may think it is a stupid question/be cross with me asking her after class

## 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

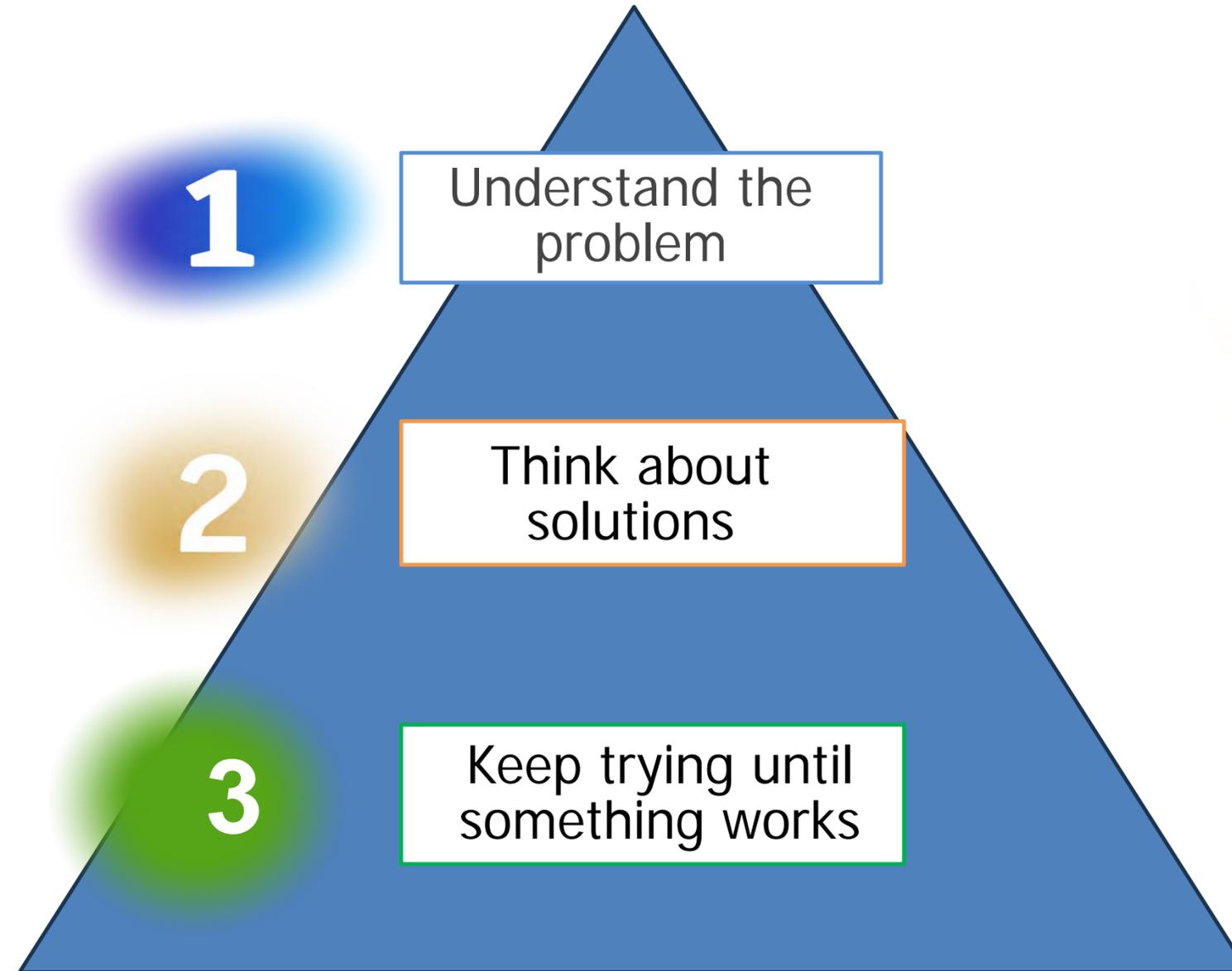
How have you got on setting an ultimate goal for your child?

OR is there a smaller goal, or step, that your child is working towards?

# How to problem solve

**REMEMBER:**

*Having a go is just as important as a successful outcome*



# Problem solving video



## Problem solving video

<https://www.youtube.com/watch?v=Sd9MZdB1tU>

# What you and your child are finding tricky?





# The problem solving template

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

# Problem solving example

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?
<p>The supply teacher at school tomorrow will not know I find maths hard and will get cross with me because he will think I was not paying attention</p> 	1. Stay home	I wouldn't get asked any questions. I would get in trouble with the teacher / Mum. I'd be still worried about supply teachers.	Yes	2	
	2. Jenny to speak to the teacher before class	I'd go to the class. I'd feel a bit embarrassed talking to the teacher. if I didn't know an answer the teacher would understand and not get cross. Next time I could do the same thing and I probably wouldn't worry so much.	Yes	8	I went in early and told the teacher that I find maths hard. He still did ask a question but I could answer it.
	3. Mum to write a note to the teacher	I'd go to the class. If I didn't know an answer the teacher would understand and not get cross.  Next time we would do the same thing and I probably wouldn't worry so much but would need Mum to sort it out for me. This could be a problem if i don't know in advance that there will be a supply teacher	Yes	7	
	4. Send a snowstorm to school	Lessons would be cancelled. I'd still be worried about supply teachers. Lessons would be cancelled. I'd still be worried about supply teachers.	No	1	 

## Overcoming problems with the step-by-step plan

Issue	Possible solution
Child was too anxious	Acknowledge how hard it is for your child to face fears Help child challenge anxious thoughts about step Break down into smaller steps
Child refused to do step	Change reward to increase motivation Break down into smaller steps Give child choice of which step to try first
You/your child forgot to do step	Agree day/time for child to try step this week
Child refused to do step more than once	Give additional reward for repeated attempts

Child tried the step but could not do it, and is disheartened

Praise them for trying. Reassure that they cannot do it **yet** but with practice they will. Move them quickly on so they can get on with their day with a positive activity.

# Course Summary



# Home practice

## HANDOUT 10 – PROBLEM SOLVING

WHAT IS THE PROBLEM?	LIST ALL THE POSSIBLE SOLUTIONS (NO MATTER HOW WEIRD OR WONDERFUL!)	WHAT WOULD HAPPEN IF I CHOSE THIS SOLUTION? (IN THE SHORT TERM? IN THE LONG TERM? TO MY ANXIETY IN THE FUTURE?)	IS THIS PLAN DOABLE? YES/NO	HOW GOOD IS THE OUTCOME? RATE 0-10	SELECT PLAN. WHAT HAPPENED?





Any  
feedback/questions?  
&  
Thank You!

