



Helping Your Child Manage Their Fears and Worries - Session 3/6





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**
- **Developing a step-by-step plan**
- **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

Reminder of your
name, child's name,
and if you could be
any animal what would
you be & why?



Recap

Session 2 recap



- E.g. tidy bedroom
- E.g. make breakfast
- E.g. help with washing up
- E.g. clean pet cage

HANDOUT 3 – WHAT ARE MY CHILD’S ANXIOUS THOUGHTS/ EXPECTATIONS?

| WHAT IS HAPPENING? | WHAT IS MY CHILD THINKING? | MY RESPONSES |
|--------------------|--|---|
| | <ul style="list-style-type: none"> • <i>Why are you feeling worried?</i> • <i>What is frightening you?</i> • <i>What do you think will happen?</i> • <i>What is the worst thing that might happen?</i> • <i>What is it about [this situation] that is making you worried?</i> | <ul style="list-style-type: none"> • <i>Be curious</i> • <i>Help your child feel understood</i> • <i>Help your child feel normal</i> • <i>Make suggestions</i> • <i>Check you have understood</i> • <i>Keep it rewarding (and fun, if applicable)</i> |

Recap of session 2 home-practice

Read **Chapter 9: Encouraging independence and 'having a go'** for more information (page 107) (Helping your Child with Fears and Worries)

ENCOURAGING INDEPENDENCE

The first step in encouraging your child's independence is to think about everyday tasks and activities that your child could try on their own. This will give your child a general sense of being able to do new things and help them realise that they can cope and feel in control.

Highlight which ones you feel your child would like to have a go at.

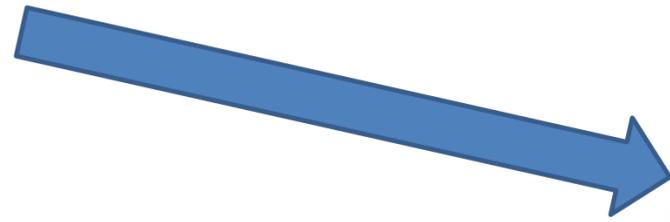
| AGE RANGE | WITHIN THE HOME | OUTSIDE THE HOME | <h3>TOP TIPS</h3> <p>SHOW YOUR CHILD WHAT TO DO: Demonstrate each step of the activity and check your child has understood.</p> <p>SHOW CONFIDENCE IN YOUR CHILD: Hold back and let your child have a go. Praise them for having a go! Reward their efforts.</p> <p>BUILD UP SLOWLY: If your child finds the task hard, break it down into smaller steps.</p> <p>GIVE CHOICES: Give them a choice as to how or when they do the tasks.</p> |
|-------------|---|--|--|
| 4-6 YEARS | <ul style="list-style-type: none"> Pour own <u>drink</u> Pick out clothes for the <u>day</u> Leading an activity with you Sweeping or dusting Tidying away toys Making something for a family member | <ul style="list-style-type: none"> Trying a new play environment like a park or soft play Finding out something new about another classmate Asking the teacher for help | |
| 6-7 YEARS | <ul style="list-style-type: none"> Brush teeth Brush own hair Set <u>table</u> Tidy own bedroom Feed pets Put washing in the <u>basket</u> Help you with preparing a <u>meal</u> Help create the shopping <u>list</u> | <ul style="list-style-type: none"> Play date with a new <u>friend</u> Playing in a natural environment such as a forest Practicing a skill or subject they may find difficult, such as times tables or riding a bike | |
| 8-10 YEARS | <ul style="list-style-type: none"> Take rubbish <u>out</u> Water plants Make a purchase in a <u>shop</u> Prepare a simple <u>meal</u> Wake up with alarm <u>clock</u> Make <u>bed</u> Make own <u>breakfast</u> Help plan their own party or playdate | <ul style="list-style-type: none"> Helping another family member with a job in their home Deciding which groceries to buy with <u>you</u> Inviting a new friend round to play Trying a new after school club | |
| 11-12 YEARS | <ul style="list-style-type: none"> Plan a family day out or their <u>schedule</u> Look up information for family in books or the <u>internet</u> Send an email to a family <u>member</u> Washing up Help wash the car | <ul style="list-style-type: none"> Ordering for themselves at a restaurant Supporting the local community or charity event Helping a friend with something they are finding difficult | |

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Read Chapter 10 of book

Tackling your child's anxiety



Tackling anxiety 1 step at a time



[Making a fear ladder video](#)

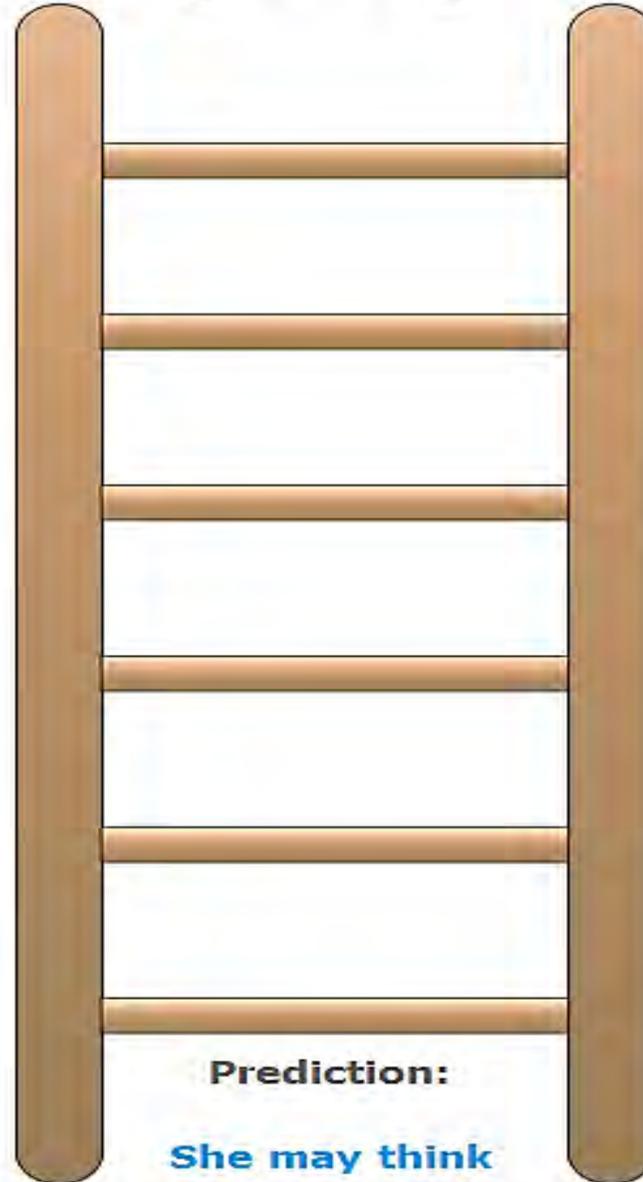
<https://www.youtube.com/watch?v=HHfUdOM8QIQ>

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



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

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

Handout 6 - rewards to support the step-by-step plan

HANDOUT 6 – REWARDS

Tips to remember:

- Make praise clear and specific
- Include a range of rewards under each category
- Rewards don't need to be expensive
- Make sure both you and your child agree to the reward
- Make sure you would be willing to *not* give the reward if the goal was not met
- Try to have rewards that can be given immediately or soon after the goal has been met



Things to do with my child:

Other things my child would enjoy:

Summary

Example step-by-step plan

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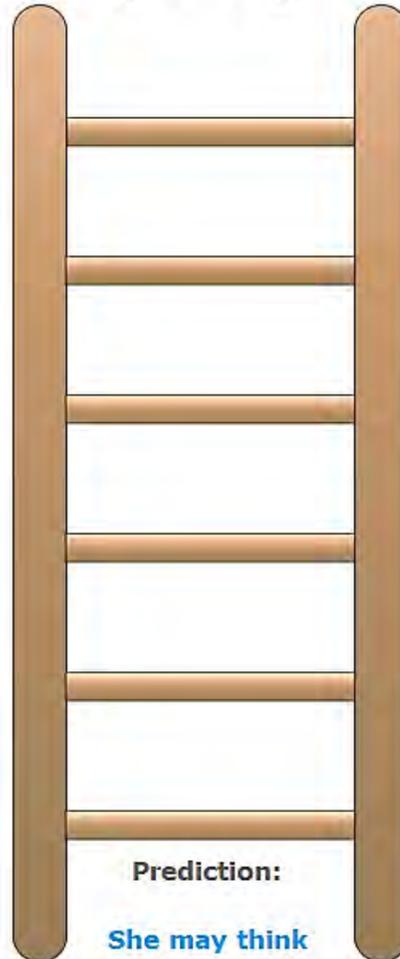
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Any
feedback/questions?
&
Thank You!

