

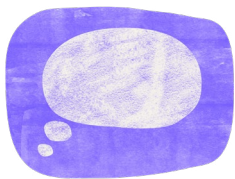
Supporting an Anxious Child

This programme has been designed for parents and carers of children, ages 5 -11, who are looking to support their child in dealing with worry and anxiety, while learning helpful strategies to tackle their own anxiety. This programme incorporates elements of Cognitive Behavioural Therapy (CBT) such as psychoeducation, relaxation and gradual exposure, with the aim of enabling the child to identify their anxiety, and to apply their skills in anxiety-provoking situations.



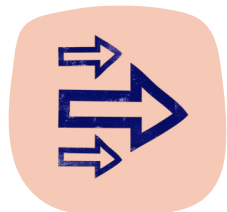
Skills & Strategies

Parents and carers will gain an understanding of how anxiety affects their children, the anxiety cycle, and strategies to help their child manage and alleviate these feelings and behaviours.



Positive Communication

Through positive communication techniques, parents and carers will learn proactive problem-solving strategies, and better ways to communicate with their children. They will be able to use these skills to help their children develop a more balanced and positive way of thinking, while also teaching them to use graded exposure to face their fears.



Forging Ahead

To ensure these skills lead to lasting results, the programme incorporates preventative strategies like building self-esteem. Children will also walk away with newly learned relaxation practices and techniques, such as meditation and breathing exercises.

Proven Tools

Relaxation Activities

Quizzes

My Response Plan

Body Map Exercise

Breathing Exercises

Relaxation Activities

Changing Your Thinking Tools

Facing Fears Ladder

Rewards & Consequences Exercises

Muscle Relaxation

Modules

Parenting an Anxious Child

Parenting Positively

Changing Anxiety

Problem Solving

Changing Thoughts

Facing Fears

Creating a Plan

Going Forward

Talk to us today

Contact Us



To sign up visit:

<https://hub.gmintegratedcare.org.uk/mental-health/silvercloud-programmes-for-parents-and-carers/>

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