

PARENT-LED INTERVENTIONS FOR CHILD ANXIETY

Facilitated by Groundwork MHST



CHILD ANXIETY



Many children experience problems from anxiety. If left unchecked, these feelings can continue over time. They can affect a child's ability to cope with every day life. It can also impact their schooling, friendships, family life and hopes for the future.



WHY IS IT LED BY PARENTS ?

Parents are in a great position to help their child with their anxiety, because they can teach them to apply the skills in their everyday life. Many parents feel empowered by working on their child's anxiety as a family. This intervention allows parents to share their experiences and feel supported. Parents are also more likely to remember the strategies if problems occur in the future, and children do not miss any time at school.

WHAT DOES THE INTERVENTION INVOLVE ?

The intervention is based on CBT and involves five steps:

- Setting goals for your child's progress
- Understanding what your child needs to learn to help them with their anxiety
- Encouraging independence and brave behaviour
- Developing a plan to help your child face their fears
- Help your child learn how to become an independent problem-solver and develop autonomy

THE EVIDENCE



Research suggests that when following this Parent-led intervention, 65% of children under the age of 10 lose their anxiety diagnosis (compared to 18% on the wait list)*

At 3-8 months after treatment, 70% of children do not require any further interventions for anxiety **



*(Cartwright-Hatton et al, 2010)

** (Evans et al, 2018)



HOW LONG DOES IT TAKE ?



The intervention consists of 8 sessions, which last up to one hour.

There will be a follow-up session after the sessions end, to see how the child is coping with their anxiety.



BETWEEN SESSIONS...

The intervention is based on *Helping your Child with Fears and Worries* by Cathy Cresswell & Lucy Willetts. Parents are given book chapters to read between sessions. Parents are encouraged to try out the strategies with their child between sessions.

If you have any questions, please contact us at MHSTSouthwark@groundwork.org.uk