



MENTAL HEALTH SUPPORT TEAM



Parent-Led Support for Anxiety

Support for Parents

Does your child often feel worried, nervous, or scared about things?

Many children experience anxiety, and it can make everyday situations difficult. This programme is here to help you support your child.

What is it?

This is a brief parent-led programme that helps parents support children aged 5–11 who experience anxiety or worries.

You will learn simple, practical ways to help your child face their fears and build confidence.

What will happen?

- You will meet with a practitioner for 6 weekly sessions following an initial assessment appointment
- You will learn strategies to help your child manage their anxiety
- You will try these strategies at home and review how they are going
- You will also be asked to read parts of the book *'Helping Your Child with Fears and Worries'* by Cathy Creswell, which supports the programme.

Why work with parents?

Children often make the most progress when they can practise coping skills regularly in everyday life. By working with you, we can:

- Help your child practise coping skills at home every day, not just during appointments
- Support them to use these skills in real-life situations
- Help you build confidence in supporting your child with their anxiety
- Create positive changes that last

You know your child best. This programme builds on what you are already doing and gives you extra tools to make things easier.

If you would like more information, please speak to your child's school or send an email to MHSTEnquiries@combined.nhs.uk.