

Understanding and Supporting your Child with Fears and Worries



EMOTIONAL WELLBEING TEAM KENT
EMOTIONAL SUPPORT TEAM
MEDWAY



Agenda



Workshop content:

1. What is anxiety?
2. When is anxiety helpful?
3. When is anxiety unhelpful?
4. Ways of dealing with unhelpful anxiety
5. Questions and feedback

Equity and Diversity



- Better representation
- Celebrating difference and diversity
- Anti-racist and anti-discriminatory stance



What is Anxiety?

Definition of Anxiety

*Anxiety is what we feel when we are worried, tense or afraid – particularly about things that are about to happen, or which we think could happen in the future.
(Mind, 2021)*

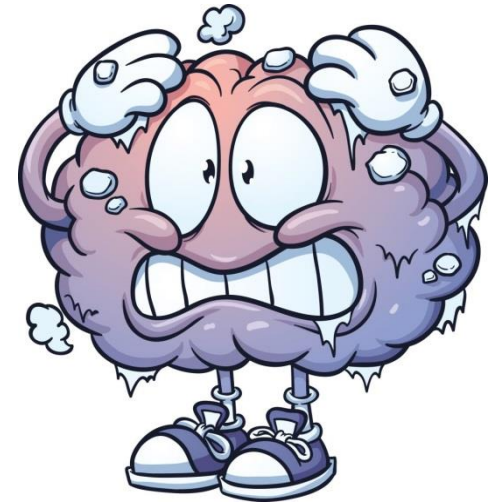
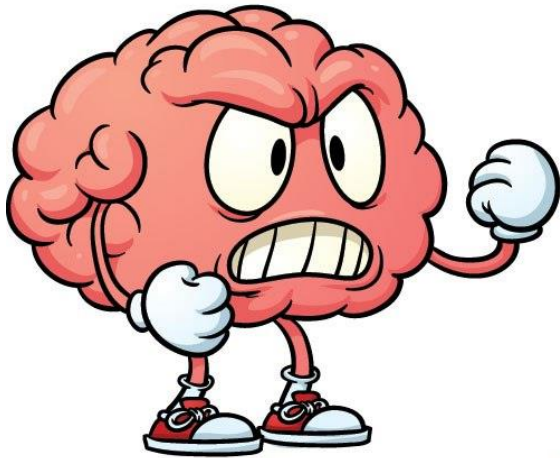


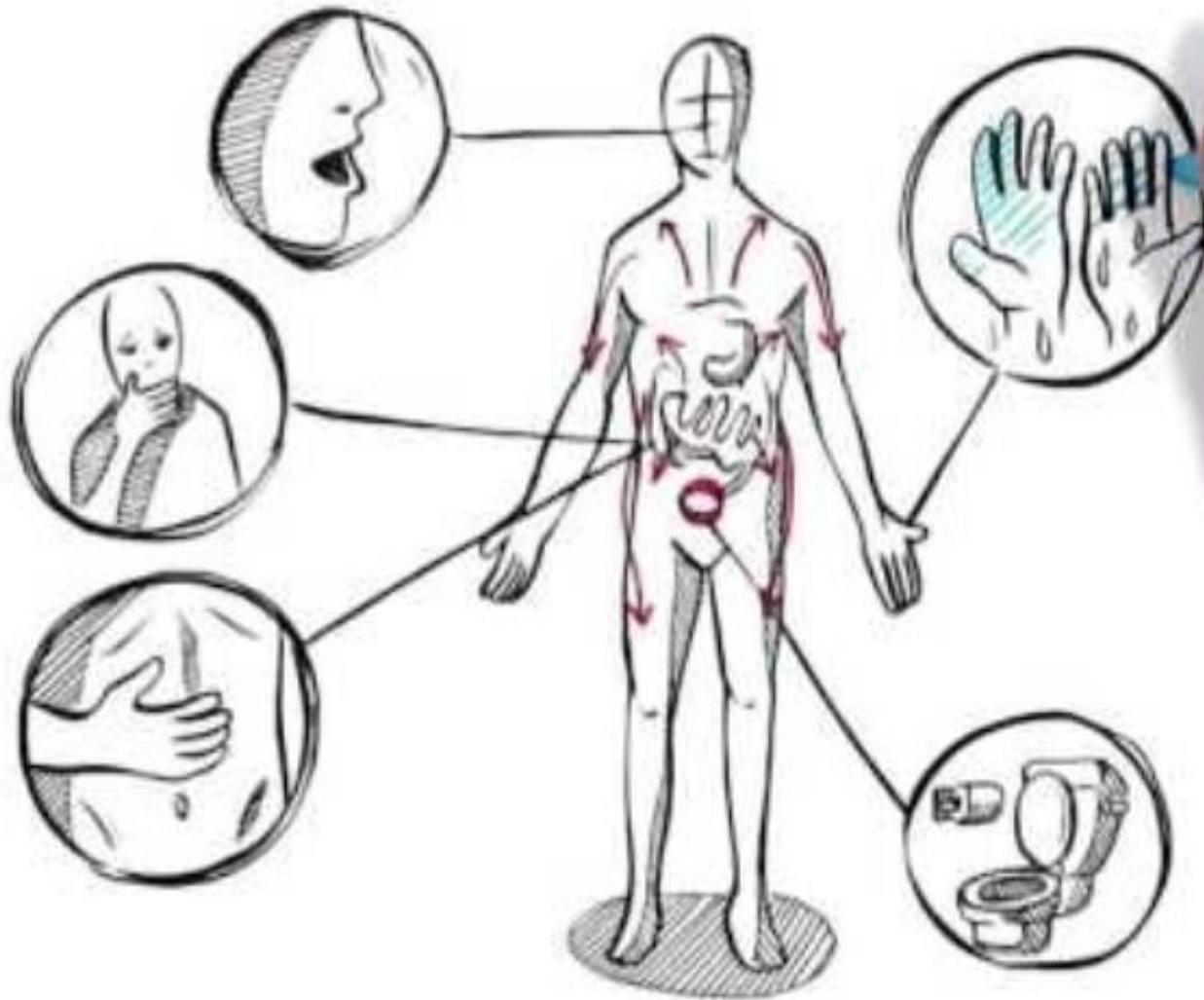
Statistics

- In 2021, one in six 6-19 year olds were found to have a probable mental health disorder. This has increased from one in nine in 2017 (NHS Digital).
- Prevention programmes “produce positive effects in parental and child resilience, increased communication and improved family functioning.”



Fight-Flight-Freeze





What contributes to anxiety?

- Genetics
- Learning from others
- Past experiences
- Environment
- Health



When is anxiety helpful?

➡ Motivation

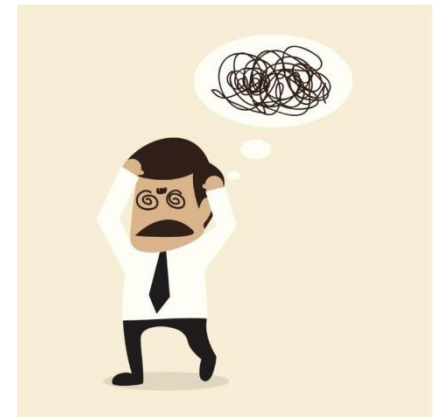


➡ Warning sign!



When is anxiety unhelpful?

- When it happens a lot or feels intense
- Negative impact on mood and behaviour
- Interference with day to day life



What keeps unhelpful anxiety going?

- Avoidance
- Reassurance seeking
- Safety behaviours



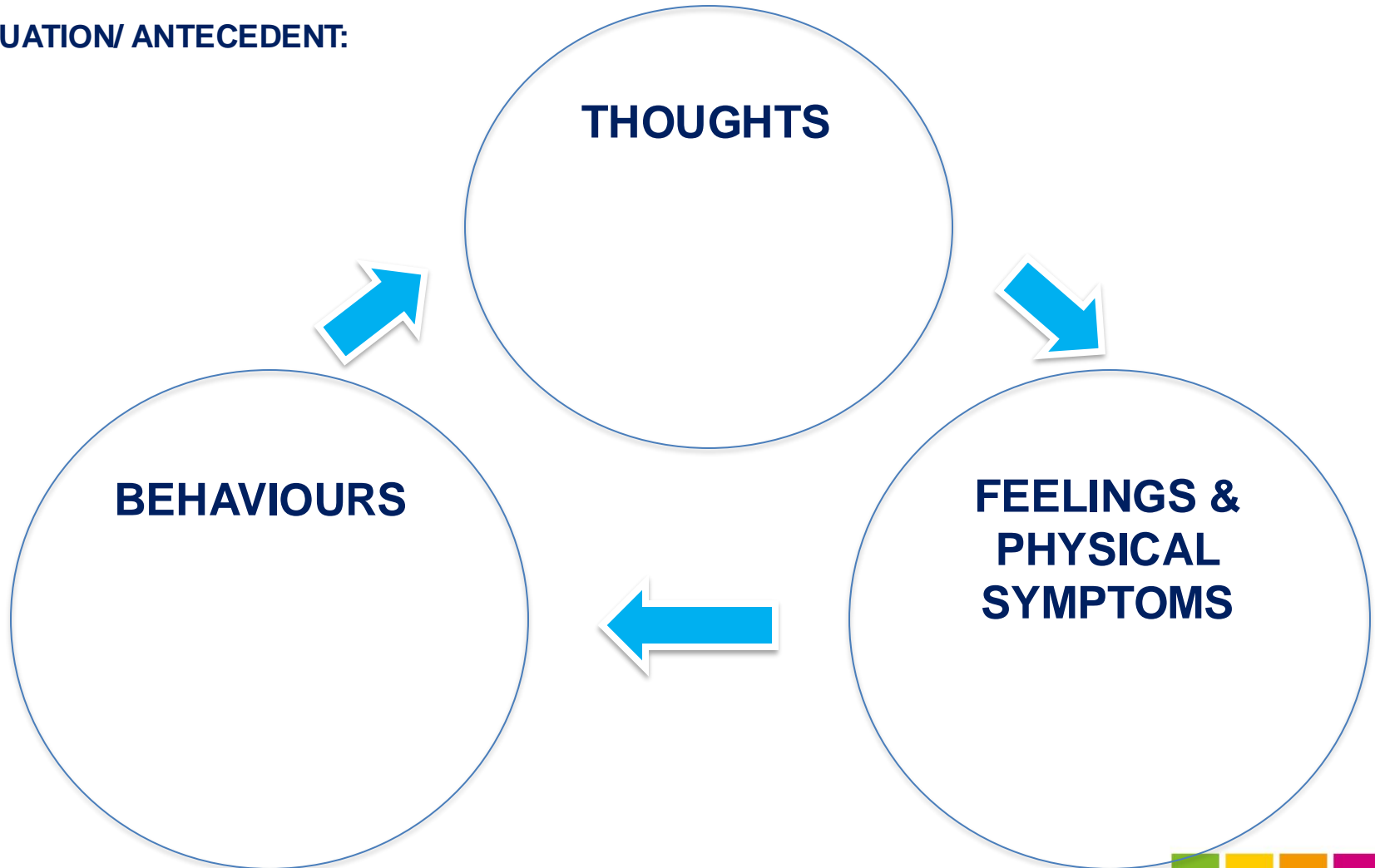
Ways of dealing with unhelpful anxiety

- Understanding unhelpful anxiety
- Bringing about change



CBT Model of Anxiety

SITUATION/ ANTECEDENT:



Case Study

Bella is 8 years old; Mum has reported to the school that she appears to have developed a fear of dogs. Mum explains that the reason they are late to school this morning is because they had to avoid walking through the park as Bella was scared and had to go the long way round to school. When they were nearing the park Bella heard a dog bark. Bella froze and refused to go any further.

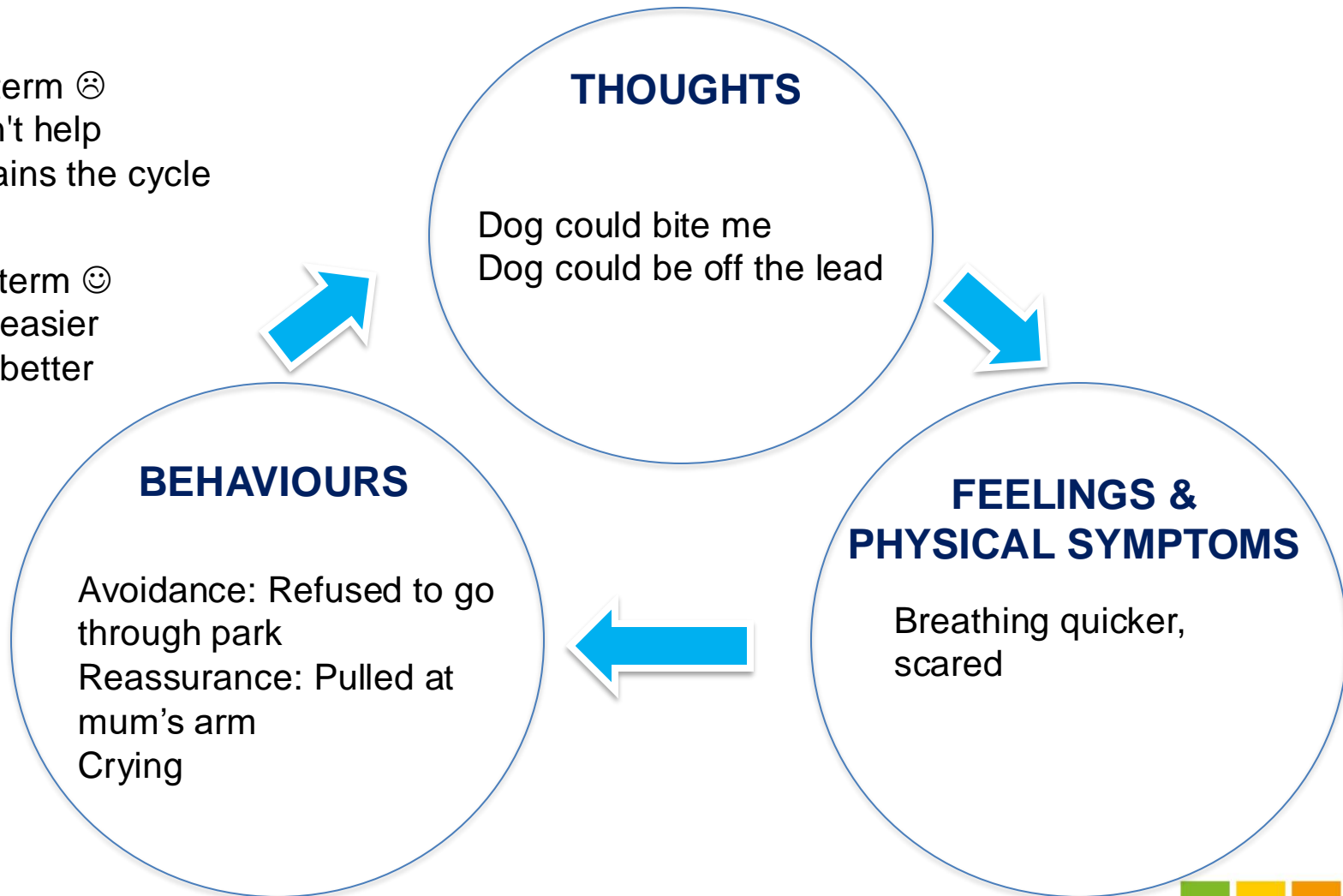
She started to cry and her breathing got heavier. Bella's mum tried to reassure her that the dog was with the owner and that they needed to go to that way otherwise they would be late. Bella refused and said that the dog could bite her and that it could be off the lead. Bella worked herself up so much and was pulling mum's arm to get away from the park. The only way to get her to school was to go the long way round.



CBT Model of Anxiety

Long term ☹️
Doesn't help
Maintains the cycle

Short term 😊
Feels easier
Feels better



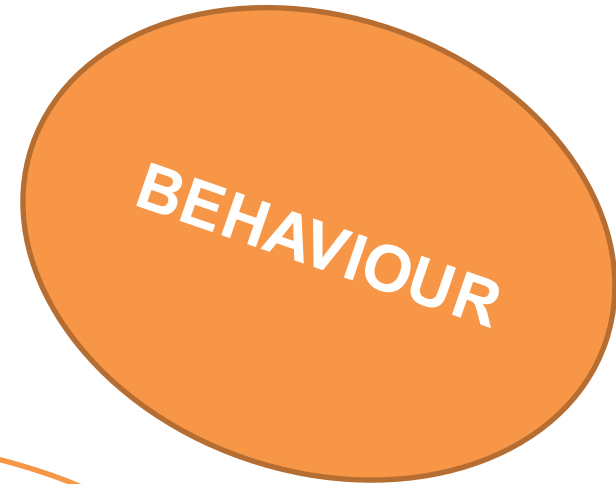
5 Minute Break!



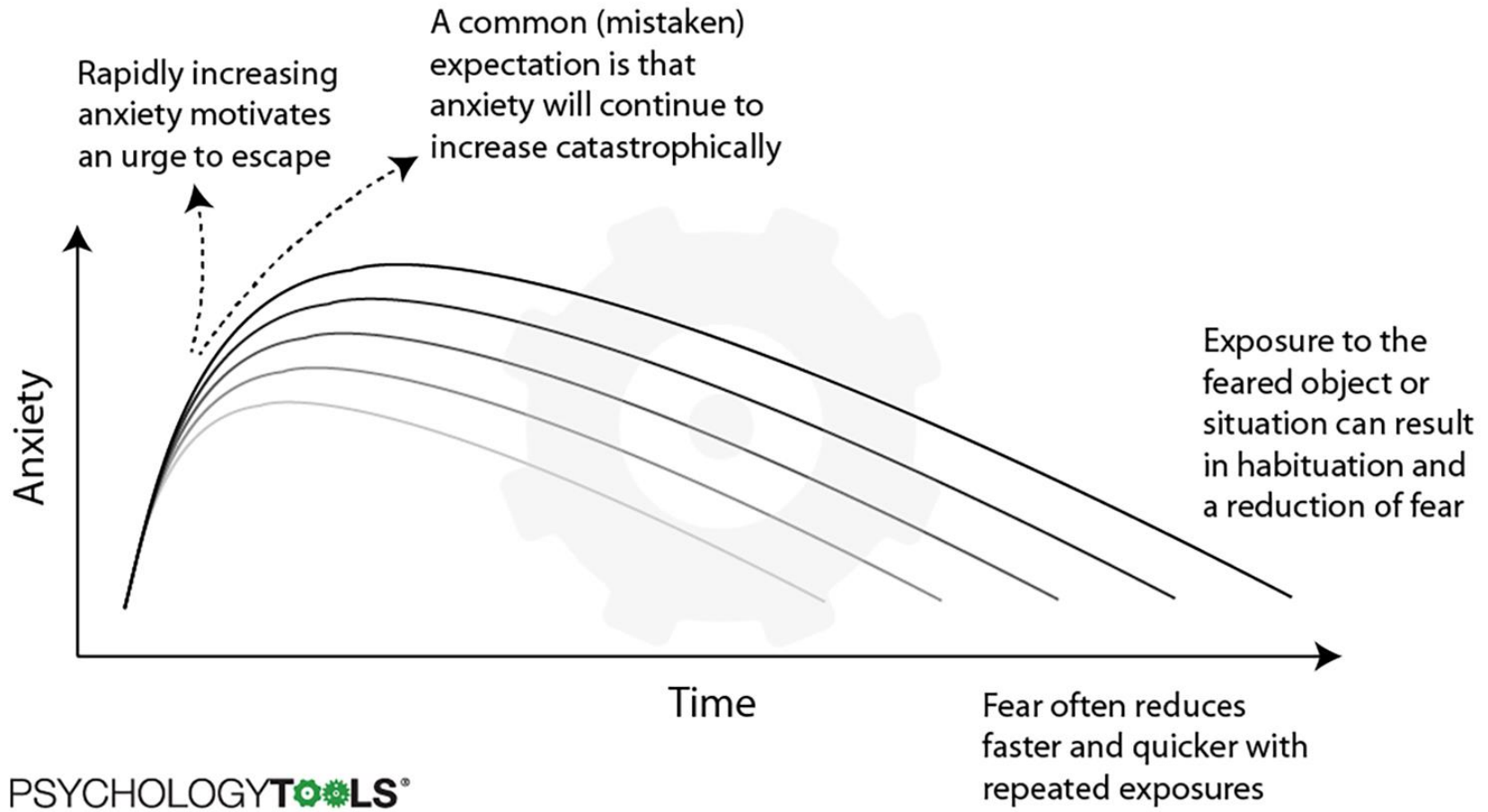
Bringing about change: Behaviours



- Exposure and step by step plan



Anxiety Curve



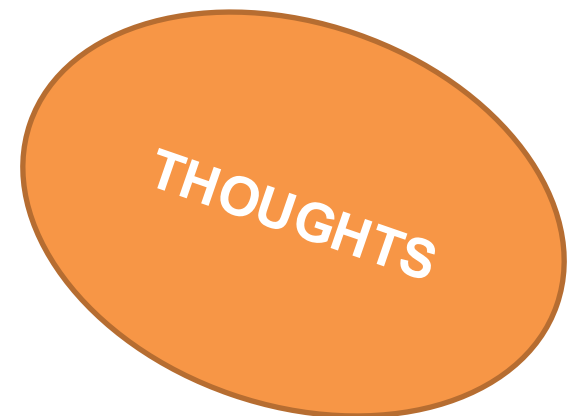
Step-by-step ladder to face fears

Step	Situation	Fear Rating	Reward
12.	<i>Petting a larger dog off leash</i>	10	Go on a day out Go to the cinema Buy a new toy Go ice-skating Go to the park Buy a magazine Watch favourite show Play card game Have ice-cream Play a family game Buy sweet Pick dinner Pick film
11.	<i>Petting a larger dog on a leash</i>	9	
10.	<i>Holding a puppy</i>	9	
9.	<i>Petting a puppy that someone is holding</i>	8	
8.	<i>Standing beside, but not touching, a dog on a leash</i>	7	
7.	<i>Standing 4 feet away from a dog on a leash</i>	6	
6.	<i>Standing 8 feet away from a dog on a leash</i>	5	
5.	<i>Standing across the street from a dog on a leash</i>	4	
4	<i>Looking at a dog across a park through binoculars</i>	3	
3.	<i>Looking at a dog through a window</i>	3	
2.	<i>Watching a film with dogs in it</i>	2	
1.	<i>Looking at photos of dogs</i>	2	



Bringing about change: Thoughts

- Recognise and challenge thinking errors
- Mindfulness exercises
- Worry time
- Problem solving



Thinking Errors

Mind Reading

High expectations

Feelings as facts

Fortune telling

Ignoring the good

Negative Labelling

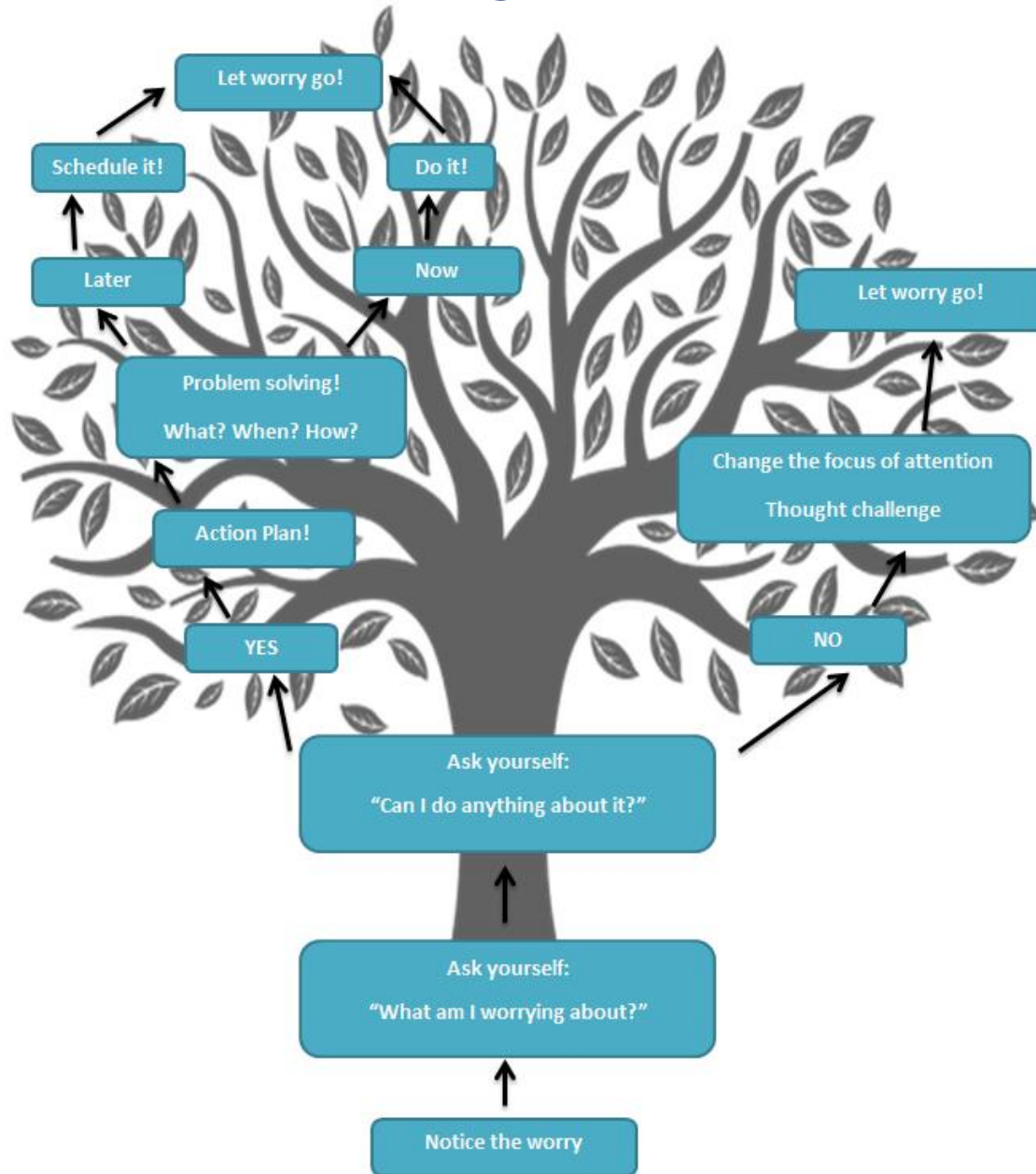
Self Blame

‘Should’

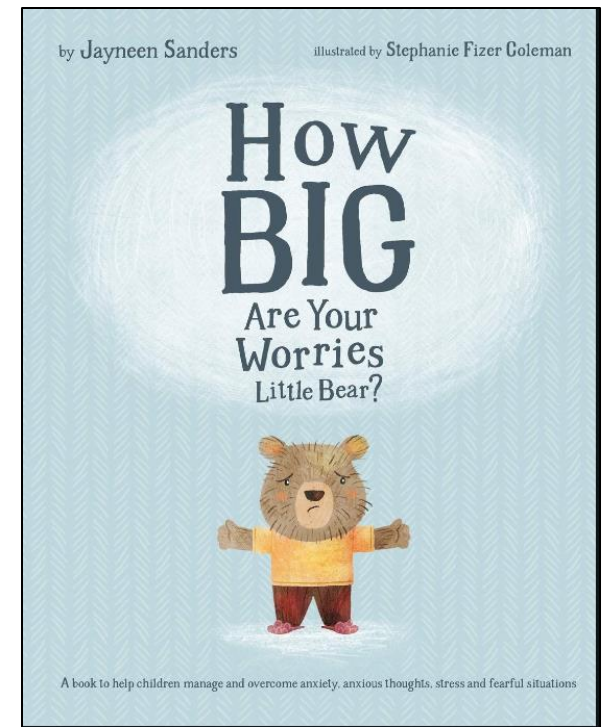
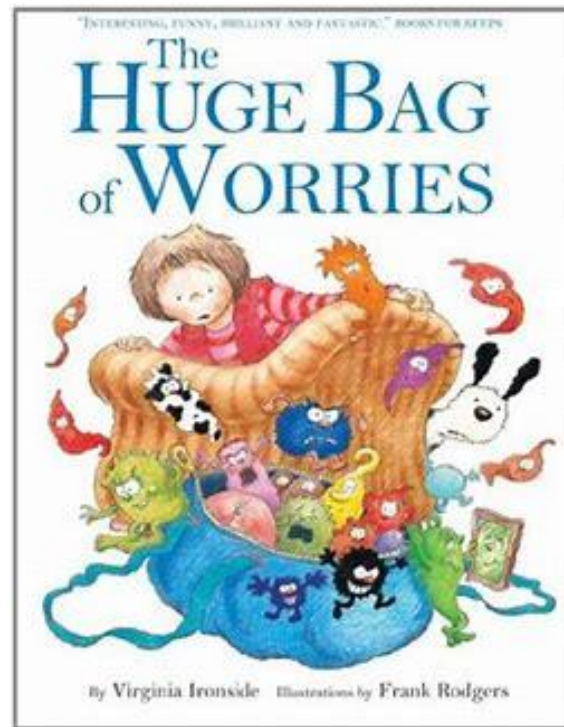
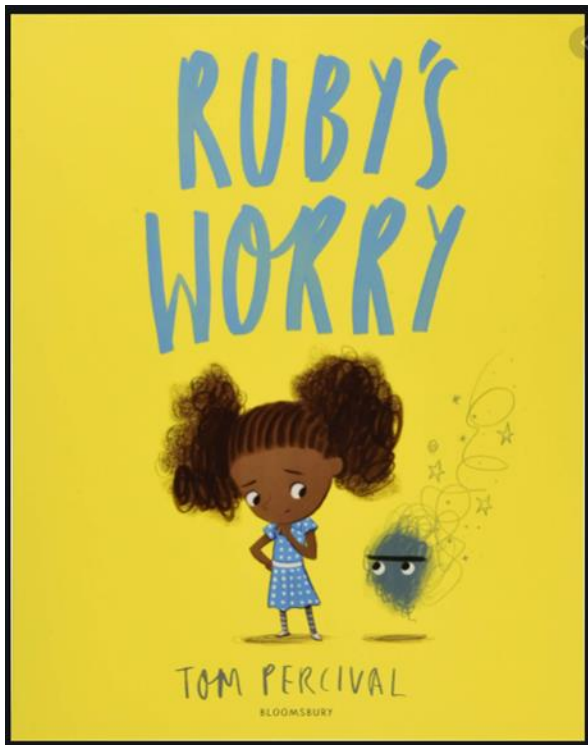
Blowing things up



Worry Tree

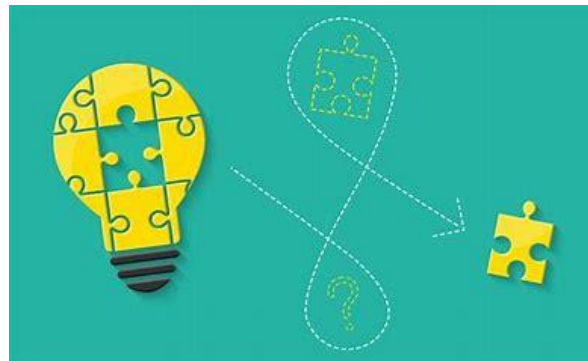


Resources for supporting children's worries:



Problem-Solving Strategy

1. Encourage your child to think of all of the possible solutions
2. Write down the pros and cons for each solution
3. Choose one to try out
4. Review how it went, if the problem is not solved, you can try another!



Problem Solving Example

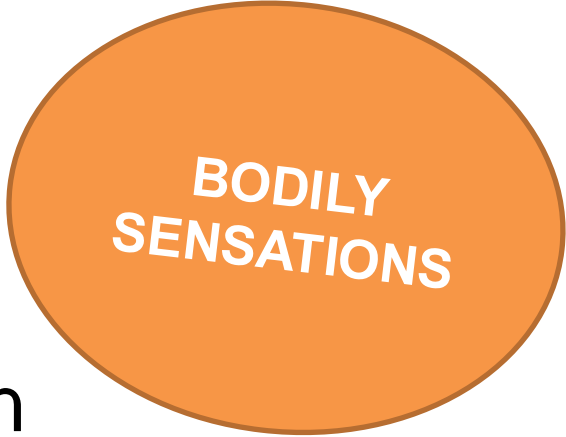
Problem: I haven't completed my homework on time

Solutions	Positives	Negatives	Rating



Bringing about change: Physical Sensations

- Deep breathing
- Progressive muscle relaxation
- Grounding techniques



**BODILY
SENSATIONS**

Relaxation and Grounding Techniques

5 4 3 2 1 Grounding Exercise

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5 finger breathing
An easy breathing technique for kids

Start here
trace with your finger as you slowly take deep breaths in and out

Breathe in

Breathe out

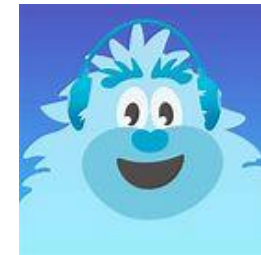
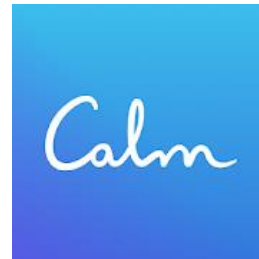
End here

Wellness
PEDIATRICIAN



Mindfulness apps for children

- Smiling Mind
- Headspace for Kids
- Calm
- Mind Yeti
- Dreamy Kid
- Mindful Gnats
- Chill Panda

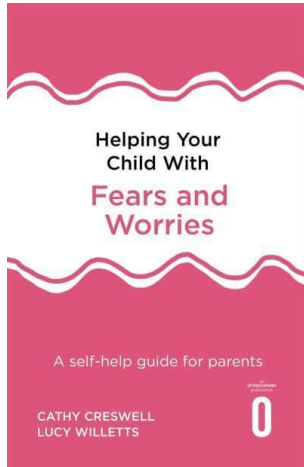


Session Summary

- Anxiety is a normal emotion linked to a misconception that we are under threat
- Using the thoughts-feelings-behaviour cycle can help identify what is keeping your child's anxiety going
- There are lots of strategies you can practise with your child to support them with facing their fears.

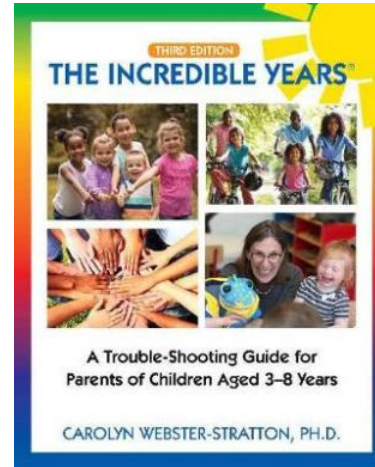


Further Support



Helping Your Child With Fears and Worries by Cathy Creswell & Lucy Willetts

Translations and audiobook options are also available



The Incredible Years by Carolyn Webster-Stratton

1:1/Group sessions

- 1 hr a week
- 6-8 sessions
- CBT approach
- Goals
- Home tasks

Workshops

- Online
- Face-to-face

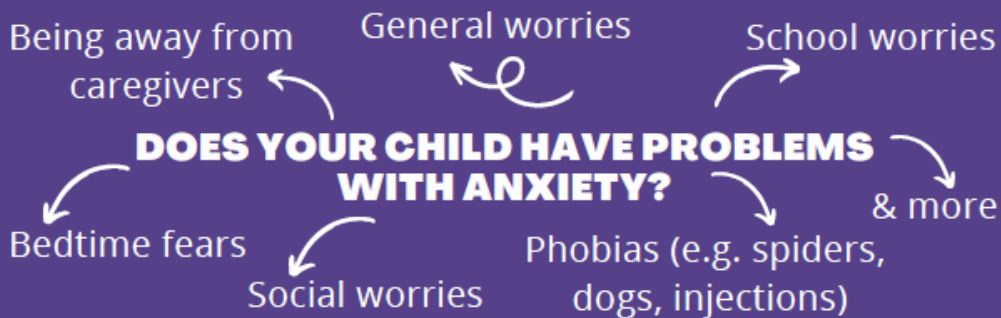


Further Support - OSI

- **Flexible Learning** – Parents can complete the modules around their busy schedules for only 30 minutes a week
- **Range of Materials** – Parents can work through weekly online modules that contain videos, quizzes, and interactive worksheets **Supported by a clinician** – Weekly 20 minute appointments via online or telephone to discuss content
- **Games App** – Optionally included to help motivate children to try out strategies with their parent/carer
- **Evidence-Based** – Research shows that 75% of children whose parents complete this treatment are free from their primary anxiety disorder diagnosis 6 months after treatment



OSI - ONLINE SUPPORT FOR PARENTS AROUND CHILDHOOD ANXIETY



OSI (Online Support and Intervention) is an online platform designed to help parents to learn tools and techniques to help their child (aged 5 to 12 years old) to overcome difficulties with anxiety.

Parents work through weekly online modules that contain videos, quizzes, and interactive worksheets. Parents are also supported by a weekly telephone/videocall appointment with a practitioner.

You can access OSI at a convenient time for you using any electronic device!



GET IN TOUCH :

Scan the QR code for more information on OSI.

If your child attends one of our schools, and you are interested in learning more about OSI and whether this is the right support for you, please email our team at: EWTanDESTenquiries@nelft.nhs.uk



Best care by the best people





Online Parent Workshops

Aimed at parents of children in primary school

Kent Emotional Wellbeing Teams
Medway Emotional Support Teams

Me & My Child: Understanding Resilience 25/11/24 17:30—19:30

[Join the meeting now](#) Meeting ID: 329 316 817 73 Passcode: UB2GiB

Introduction to Understanding Autism 19/09/24 17:30—19:30pm

[Join the meeting now](#) Meeting ID: 355 855 499 154 Passcode: wkNBoA

Understanding Your Child's Behaviour 14/10/24 17:30—19:30pm

[Join the meeting now](#) Meeting ID: 377 376 964 636 Passcode: GqwLsz

Understanding Anxiety 11/11/24 10:30—12:30pm

[Join the meeting now](#) Meeting ID: 394 932 216 638 Passcode: AHqhHt

Understanding Sleep and Autism 11/12/24 10:30—12:30pm

[Join the meeting now](#) Meeting ID: 349 743 314 366 Passcode: G4uNUP

Understanding ADHD in Children 01/10/24 10:30—12:30pm

[Join the meeting now](#) Meeting ID: 394 204 932 86 Passcode: jWCxJX



Questions and Feedback



<https://forms.office.com/e/0AuTi4Wfsp>

