



SUPPORTING YOUR ANXIOUS CHILD / YOUNG PERSON

An 8 week group for Parents of children/young people aged 11-16 Years



Group Aims

The group will provide an opportunity to share experiences and gain support from other parents who are facing similar challenges. It will enable you to increase your knowledge, understanding and skills in managing your young person's anxiety.

What is covered?

The programme will look at what may be influencing the young person's behaviour, how behaviour patterns can be learnt; the link between thoughts, feelings and behaviour and practical parenting strategies to enable you to support your young person to overcome their anxiety and avoidance behaviours.

Venue and Dates

Venue: Belgrave Children and Young People and Family Centre, Cossington Street, Leicester, LE4 6JD

Starts: Thursday's 27th April- 22nd June 2017 (No session during May Half term)

Times: 12.00 – 2.00pm

Group membership

Approximately 10-12 group members.

Parents comments from previous parent groups

I liked being listened to, heard & understood. I got some good parenting advice

I could identify with people when sharing their problems. I didn't feel judged. I found the group encouraging."



Working with and supporting families since 1990

Aims of the Group

- provide a safe, relaxed and supportive atmosphere for parents/carers to share their experiences and gain support from other parents & professionals
 - empower parent's to become the expert on their young person.
 - give a clear basic model to explain what can cause and maintain a young person's anxiety
 - help you understand the internal and external processes that can influence a young person's state of mind and therefore their behaviour.
 - gain understanding of how behaviour can be learnt and how it can be changed
 - help parent's understand how you can intervene to increase wanted behaviour.
 - give you some strategies to promote emotional security in an anxious young person
 - *The core of the programme is based on the Centre for Fun and Families Nationally Accredited parent programme with expertise drawn from CAMHS Primary Mental Health Team, The Cool Kids and Timid to Tiger Programmes.*
- What** –being clear about what behaviour they want to change.
- Why**- understand why **anxious thoughts are causing difficult** behaviours and to what extent triggers and re-enforcing factors can be changed or managed.
- How** –strategies which can help bring about change in difficult thought or behaviour patterns & how to support young people through their difficulties.

Topics

- What is Anxiety?
- Fight and Flight Response
- What is Positive Mental Health?
- What is normal behaviour?
- Children/adolescent needs
- Promoting emotional security using special time
- Relationship between thoughts, feelings and behaviour and our bodies
- How behaviour can be learnt and become a pattern
- Promoting positive/wanted behaviour
- Praise and rewarding wanted behaviour
- Communication strategies
- Boundaries and routines
- Sanctions that work
- Looking after ourselves

Home Visits

Families will be home-visited prior to the group so you can ask questions and gather further information about the group. The home visits will allow us to discover any barriers that need to be overcome to enable you to make the commitment to attend.

FOR MORE INFORMATION CONTACT: Henry Charles

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