

Contact Details

CAMHS Central Bedfordshire
Community Access Service

67 High Street North
Dunstable
LU6 1JF

Tel: 01582 707635

Email: [elft.centralbeds-
mhst@nhs.net](mailto:elft.centralbeds-mhst@nhs.net)



Helping Your Child with Fears and Worries

A parent & carer guide for children
with symptoms of anxiety

CAMHS Central Bedfordshire
Community Access Service

Mental Health Support Teams

This guide was put together by:
Lorna Varley & Ashleigh Pittaway,
Trainee Education Mental Health Practitioners

Who is this intervention for?

Parents are the experts when it comes to their child. They will have a better understanding of how their own child might respond and what will encourage and motivate them to try different things than a therapist will have. They are often the ones that are present during the struggles and challenges their child is facing and can support their child both in between sessions and well beyond the end of treatment.

How can this help parents and carers?

The aim of this guided parent-delivered programme is to teach parents cognitive behavioural strategies and to empower them to use them with their child to overcome difficulties with anxiety by supporting them to work through the accompanying book

What age range is this intervention suitable for?

This intervention is most effective with parents of children between the ages of 3 and 11 years.

How many sessions do I need to attend?

The programme consists of four face-to-face and two telephone contacts with parents over an eight-week period. Work is conducted solely via parents (after an initial assessment that would involve the child and parent), this is an effective and efficient way of treating child anxiety disorders.

What tools will I need?

To interact with this programme parents and carers will need to purchase the book and be committed to reading the associated chapters detailed below. If purchasing the book is a worry, your practitioner will discuss this with you 1-to-1 to troubleshoot.

“Helping Your Child with Fears and Worries 2nd Edition: a self-help guide for parents” By Cathy Cresswell

What will I learn in each session?

Prior to Session 1

Parent reads: Part 1, Chapter 6 (how to use this book) and Chapter 7 (setting goals)

Session 1 (Week 1): Face-to-face (1 hour)

Philosophy of programme, Why CBT and why parental approach, Psychoeducation, How anxiety develops and is maintained, Treatment goals

Session 2 (Week 2): Face-to-face (1 hour)

What is my child thinking? What does my child need to learn? Promoting independence and ‘having a go’, Identifying rewards

Session 3 (Week 3): Face-to-face (1 hour)

Step-by-Step plan

Session 4 (Week 4): Telephone (15-20 minutes)

Make changes to Step-by-Step plan as necessary

Session 5 (Week 6): Face-to-face (1 hour)

Problem solving approach

Session 6 (Week 8): Telephone (15-20 minutes)

Reviewing progress

Follow-up appointment (Week 12): Face-to-face (1 hour)

Final Review of progress

How can I request this intervention?

We encourage you to speak to your child's school. You can fill in the slip below and hand this to your child's teacher who will pass this onto the relevant person who will speak with you further to make a referral for you.

Name of child:

Name of Parent:

Contact Number:

Intervention: HYC – parent-led anxiety

Date: