

PARENT/ CARER INFORMATION SHEET

From Timid to Tiger- Parent Group

How Long? There are 8 weekly sessions for 2 hours

Who is it for? Parents and carers of children aged 4-9

What is it about? The group aims to teach strategies based on cognitive behavioural therapy and social learning theory which support your anxious child and increase their confidence. This is suitable if your child is experiencing panic, general, social or separation anxiety or a specific phobia and you would like to work as part of a group of other parents/ carers to learn how to support them. It aims to empower you with cognitive and behavioural tools to overcome anxiety and associated behaviours outside of the sessions.

What will happen? A group of up to 7 parents/ carers will meet weekly to explore approaches to anxiety. The programme looks at the role of avoidance, the fight or flight response, the link between thoughts, feelings and behaviour and managing children's worry. We explore play, positive reinforcement of good behaviours, setting limits and consequences, withdrawal of attention and using praise and rewards to encourage brave behaviour. You will be asked to practice skills at home and share progress every week with the group.

You have the right to opt out of any support offered to you from the Mental health support team. If you wish to access support at a later time, please contact your school Mental health lead.

Disclaimer: This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment. This information can be made available in other languages and formats if requested.

For further information please contact – MHSTClinicalAdmin@alderhey.nhs.uk