

# Helping Your Child with Fears and

## Worries (HYC)

**Need more support?  
Request guided self-help from your schools EMHP.**

6 x sessions once a week (4 in-person & 2 telephone calls) CBT-informed parent-led intervention following the book content.  
Speak with Mrs Abberley for more information.

**Self-help guide for parents, useful for children with:**

Lots of worries about lots of different things  
Worries about something specific e.g. spiders.  
Separation worries from caregiver, home or objects.

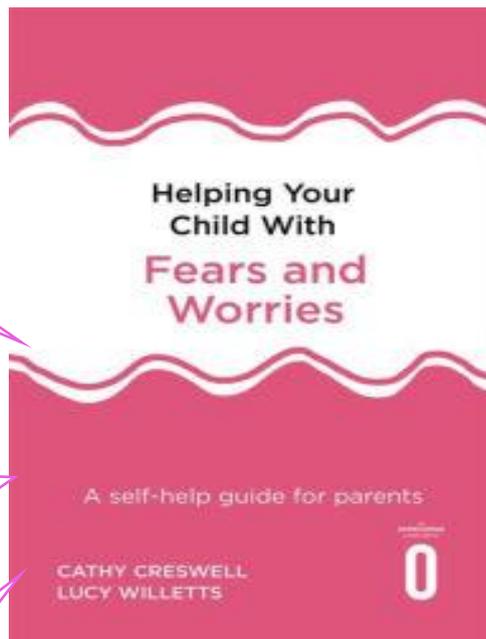
Available on Audible (free trial provides first audiobook free).  
Approximately £5 to buy from Amazon and other retailers or borrow from a local library.

What is 'anxiety'?  
The physical feelings of anxiety  
Where does it come from?  
What keeps it going?  
(particularly for your child)

Encouraging independent problem solving and making use of 'unplanned experiments'.

Identifying 'safety behaviours' and creating a step-by-step plan with your child to face their fears in a manageable way.

Identifying 'safety behaviours' and creating a step-by-step plan with your child to face their fears in a manageable way.



Exploring anxious thoughts with your child using curious questioning and identifying what they need to learn to overcome their fears.

How to most effectively use rewards to encourage your child to face their fears!

Instilling 'Have a go!' thinking and encouraging independence.