

# Helping Your Child with Fears and Worries (HYC) - Parent Workshop

**Part 1: Wednesday 19<sup>th</sup> March**

**Part 2: Wednesday 30<sup>th</sup> April**

**3:30pm-5pm at Burford Primary School**

*We encourage you to attend both parts to ensure full effect of the skills discussed.*

We are fortunate to be a host school for the CAMHS Mental Health Support Team (MHST).

All our children have been introduced and some parents have met our resident CAMHS Education Mental Health Practitioner, Lucy Mills.

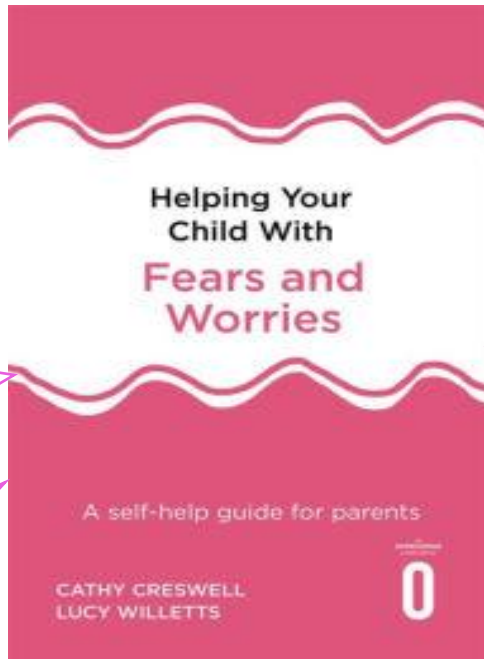
Lucy and her colleagues work for Oxford Health NHS Foundation Trust and are trained in low-intensity CBT-informed interventions for mild-moderate symptoms of anxiety. They would love to support you all within this workshop to develop your own toolkit of strategies to support your child at home.

The afternoon will consist of a short presentation, interactive discussions and activities.

*Plus, tea and biscuits!*



## Some key topics include:



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.

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

What is 'anxiety'?  
The physical feelings of anxiety  
Where does it come from?  
What keeps it going?

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

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

Please email the office if you would like to come along  
[office.2251@burford-pri.oxon.sch.uk](mailto:office.2251@burford-pri.oxon.sch.uk)  
If you would like further information, please contact Mrs Docherty via the office.



**Also available as a self-help guide** on Audible (free trial provides first audiobook free). Approximately £5 to buy from Amazon and other retailers or borrow from a local library.