

# **managing your child's worries**

**A 3 session guide for  
parents/families**

**Session 3**

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## **Information for Parents/Families**

The resources and strategies detailed in these booklets are based on Cognitive Behavioural Therapy (CBT). CBT is evidence based which is why we use it to help children and young people who are struggling with anxiety/worry – we know it can work.

These three booklets are made up of three sessions which aim to help you to help your child with their worries. It involves working openly and collaboratively with your child and needs a commitment to use the strategies repeatedly and consistently. By doing this, you can help your child to feel better.

Every child is different, and the amount of time it takes for these strategies to help with your child's worries will be different for everyone. What is important is that you stick to it. By making these strategies part of everyday life, you can start to see big, positive changes.

It is recommended that you complete a session (booklet) each **week** with your child. This gives you chance to spread tasks over several days rather than trying to do it all at once.

## **Using these Booklets**

The first part of each booklet provides an overview of the session including what you should do for each activity, how to spread each activity over several days and some top tips for getting the most out of each task.

The main part of each booklet is made up of the resources you will need in order to carry out each activity with your child. All activities are based on CBT strategies which are evidence based and help children to better manage their worries.

## **Further Help**

### **Remember!**

You are never alone in supporting your child with their mental health and if you feel they need specialist support you can make a referral to your GP or directly to your local Child and Adolescent Mental Health Service (CAMHS).

## Session Three: Overview

When	What to do	Top Tips
Day 1	Read the information about problem solving and the worry tree.	Make sure you have a good understanding of this before discussing it with your child.
Day 2	Complete the problem solving sheet together based on a current practical worry or a practical worry from the past.	You can fill in the sheet or you can get creative - follow the steps on the sheet and use colours and big paper to write down what your child comes up with.
Day 3	Look at the worry tree together and discuss how you both now use these steps to manage worries. Make your own worry tree.	You might want to draw, paint or colour a worry tree or you could even make a 3D model. The important thing is to make sure all the steps are clear and it is put somewhere your child can look at when it's done.
Day 4	Complete the 'What did you learn this week?' section.	Either do this together or complete the parts separately before discussing afterwards.
Next steps	Continue to use all of the strategies you have learned from these sessions and remember to encourage and praise your child for doing so. The more you use these strategies, the better your child will manage their worries and feel better.	Go back through these booklets and recap any of the strategies any time you need to - think of them as tools in your toolkit which you and your child can now use over and over.

# Problem Solving

If you're struggling with a practical worry, use this step by step guide which helps to break the problem down and solve it in a more manageable way. Practical worries can feel overwhelming and it's easy to put them off. However, it's much better in the long run to solve the problem today rather than put it off until later.

(You'll need some paper and pens/pencils)

**Step 1** Write down your problem in 1 or 2 sentences.

**Step 2** Write down all the ideas you can think of to solve the problem (no matter what they are!).

**Step 3** Make a table and write down ALL of the good things and ALL of the not so good things you can think of for each of your ideas.

	Good things	Not so good things
Idea 1		
Idea 2		

**Step 4** Choose one idea that looks like it could work (if you struggle, see which one has the most good things). Ask yourself, is my idea realistic? If it isn't, choose a different idea.

**Step 5** Make a plan! Write down the answers to these questions to create your plan of action!

1) What will you do?

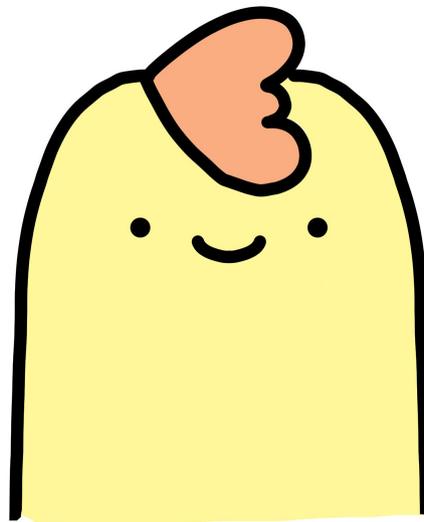
2) When will you do it?

3) How will you do it?

4) Who will you do it with?

5) Could there be any difficulties? If so, what could you do to overcome these?

**Step 6 DO IT!**



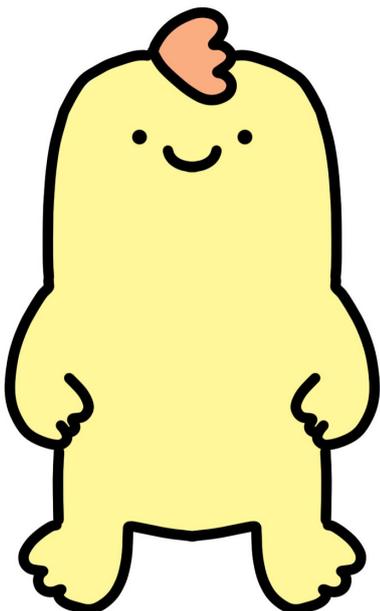
# After you've done it...

Well done for giving your idea a go and for trying to solve your problem! Now, think about how it went.

## Review it

Answer the following questions to help you reflect on how it went.

- 1) Was it helpful?
- 2) Did you achieve what you wanted to?
- 3) If not, could you do something differently/change something next time?
- 4) Did you achieve anything (no matter how small) towards solving your problem? Even tiny steps forward are big achievements.
- 5) What did you learn?



## Remember...

Whether your solution worked really well or whether it didn't quite go as you'd hoped, you should be very proud of yourself for giving it a go! Well done!

# The Worry Tree

The Worry Tree can help break down worry management into simple steps. Start at the top and follow it down to find out the best strategy to use.



# What did you learn this week?

Use this space to:

- 1) Write/draw about what you have learned this week.
- 2) Write/draw about what you have found useful.

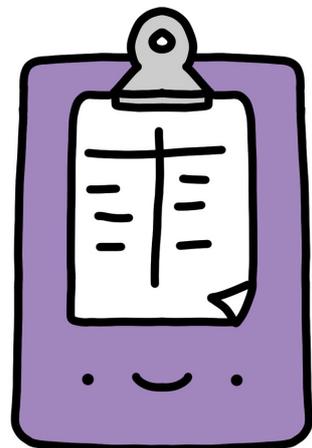
A large, empty rectangular box with a thick cyan border, intended for writing or drawing. The box is centered on the page and occupies most of the lower two-thirds of the document. It is completely blank, providing a space for the user to respond to the questions above.

# Tops tips for managing worry

These tips can help you feel calmer so you're better able to manage your worries. But, **REMEMBER**, don't use these as a way to avoid or put off doing something about your worries as this makes them even more difficult in the long run.

- 1 Create a worry box
- 2 Tell someone about your worries
- 3 Go to a yoga class
- 4 Download a mindfulness app
- 5 Meditate
- 6 Spend time with family or friends
- 7 Draw or create something
- 8 Go for a walk or jog
- 9 Take a relaxing bath

**Or, create your own list!**

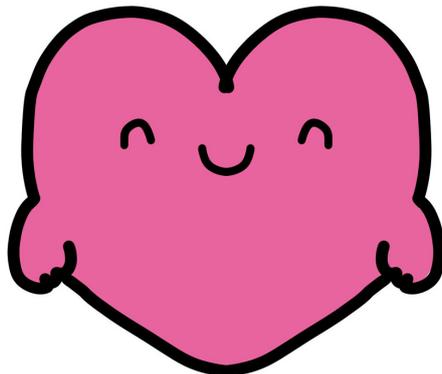


# Next Steps

It's important to continue to put all of these strategies into practise to help your child manage their worries. Make a note of the things you will continue to do or things you are going to do next.

## Be Proud of Yourself!

As a parent, it can be difficult knowing what is best for your child when they are struggling with worries and anxiety and many parents report feeling overwhelmed. Be proud of yourself for taking the time and effort to put these strategies in place - a HUGE well done! Take some time to reward yourself and recognise that you are doing the right things by making changes to help your child feel better.



Don't forget! If you continue to feel your child needs support with their mental health, you can make a referral to access this by visiting your GP or contacting your local Child and Adolescent Mental Health Service (CAMHS).