

*We cover the following topics:*

**Session 1: Understanding Childhood Anxiety**

What is anxiety? How do we know when anxiety becomes a problem? What causes anxiety? How do we treat anxiety?

**Session 2: How can we help? Parent's Role in Childhood Anxiety**

Self-care, factors that maintain the cycle of anxiety, and how to encourage courage.

**Session 3: Strategies for your Child**

Relaxation techniques, learning about the importance of thoughts, and positive self-talk

**Session 4: Facing Fears**

Detective thinking, the step-ladder approach to exposure, and rewarding efforts and progress

**Session 5: Wrap-up**

Trouble shooting, review and discussion

If you are interested, please call:

**Central Intake**  
**Tel: 777-2200**



# Parenting Your Anxious Child



A group for parents offered by the *Janeway Family Centre*.  
*8<sup>th</sup> Floor Southcott Hall*  
*100 Forest Road*

### ***What is Parenting Your Anxious Child?***

Parenting Your Anxious Child is a psychoeducational program whereby parents will learn how to best support their child or adolescent in coping with his/her anxiety. This program includes 5 two-hour sessions and is led by two psychologists and/or social workers. However, the real experts are the parents. An overview of the program is included on the back

### ***Who Should Come to Parenting Your Anxious Child?***

Parenting Your Anxious Child is for any caregiver who wants to stop fears and worries from interfering with their child's life at home, school, and with friends. Coping with anxiety is done together!! The skills covered can be applicable for young children through to adolescents.

### ***Why Come to Parenting Your Anxious Child?***

Empirical literature on intervention for child/adolescent anxiety indicates that best practice is to include a family component. Treatment effectiveness is shown to be higher when caregivers understand anxiety and associated treatment strategies. With this knowledge, caregivers are in a better position to support their children to manage their anxiety. Therefore, our first line of treatment will be to provide caregivers with this information. If further treatment is needed, this caregiver knowledge will increase the family's readiness for individual or child/adolescent group treatment.



### ***Goals of Parenting Your Anxious Child:***

- To help caregivers to understand their child's anxiety and to have the opportunity to process their experiences in caring for a child with anxiety.
- To provide caregivers with an understanding of the concepts related to anxiety (e.g., thoughts, feelings, bodily sensations)
- To teach caregivers skills to help their children to manage their anxiety, such as detective thinking (i.e., cognitive restructuring), gradual exposure, and relaxation.



