

Parent/Carer Group: Helping your Child with Anxiety

Run by practitioners from Be U Swindon

*Are you worried about your child's anxiety?
Do they often feel scared or overwhelmed, or avoid
certain situations?*

Be U Swindon regularly run supportive parent/carers groups based on the trusted approach from Cathy Creswell's 'Helping your Child with Fears and Worries'.

Who is it for?

- Parents/carers of primary-age children experiencing anxiety, worries or avoidance behaviours.

What you'll gain:

- Understand how anxiety develops and what keeps it going
- Evidence-based strategies to help your child manage anxiety
- Build your confidence as a parent/carers
- Share experiences with others

Where / When:

- 7 online sessions accessed via Teams
- Each session is approx. 2 hours, including breaks

We run these groups throughout the year and vary the day of the week and time of day for each group.

How to refer:

- Scan the QR code or visit our website (beuswindon.co.uk/referrals) to access our referral form and state you are interested in this group.
- Referrals will be reviewed by the Be U Swindon team to ensure this group is the most appropriate form of support for your family. If another type of support is more suitable, we will contact you about this.

Scan to refer



Common anxieties experienced by children that may be suitable to be supported within this group:

- My child worries about lots of things and needs lots of reassurance
- My child asks lots of questions about what is going to happen
- My child needs me to accompany them everywhere
- My child would feel scared do activities independently
- My child struggles to sleep in their own bed at night
- My child would feel afraid to go to new places
- My child finds it hard to speak to new people
- My child is scared to ask or answer questions in class
- My child worries about making mistakes or being told off
- My child would like to join a club or team but worries get in the way
- My child worries about what other people think of them
- My child has stopped doing something they used to enjoy due to worries
- My child expects something bad will happen to them or others
- My child thinks about the worst-case scenario