Timid to Tiger

Parent training for anxious children

The programme is a group aimed at parents of children aged 5-12 years who’s presenting with anxiety and associated behaviour difficulties. The programme is for children with mild to moderate symptoms and to be offered as a *first line intervention.* The programme is an evidence-based course grounded in research and theory.

The programme will be delivered by the Chorley and South Ribble Primary Mental Health team. This is a pilot in this area.

This is a group for parents who would like to know more about child anxiety, managing worry, build their child’s confidence and help their child to regulate their emotions and behaviour.

The programme will include:

* Developing your relationship with your child
* Understanding anxiety
* Effective behaviour management strategies
* Understanding and managing feelings and behaviour
* Simple Cognitive Behavioural Therapy (CBT) techniques for managing fears and worries

Typical structure:

21st January 2025 at 1pm-3pm **1**. Introduction to the programme and basic concepts

28th January 2025 at 1pm-3pm **2.** Securing the Parent-Child bond through play

4th February 2025 at 1pm-3pm **3**. Understanding Children’s Anxiety

11th February 2025 at 1pm-3pm **4.**  Using Praise to Build Children’s Confidence  
 **BREAK**  
25th February 2025 at 1pm-3pm **5.** Using Rewards to Get Children Motivated

4th March 2025 at 1pm-3pm **6**. Setting Limits on Anxious Children’s Behaviour

11th March 2025 at 1pm-3pm **7.** Using withdrawal of attention to manage difficult behaviour

18th March 2025 at 1pm-3pm **8.**  Managing Children’s Worry

25th March 2025 at 1pm-3pm **9.** Managing Really Difficult Behaviour: Time Out and   
 Consequences

1st April 2025 1pm-3pm **10.** Wrapping up: Review, Managing School, Celebration

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**Location:** Kingsfold Children and Family Centre, Martin Field Road, Penwortham, Preston, PR1 9HJ.

*Please note that we can accommodate if you need to leave early for childcare reasons.*

**Remember, you are the expert**

Timid to Tiger acknowledges that you know your child best. You are the best person to help your child to overcome their difficulties with worries, fears and behaviour.