

DO YOU HAVE PARENTS WHO WOULD LIKE SUPPORT WITH THEIR CHILDREN'S ANXIETY OR CHALLENGING BEHAVIOUR?

The Educational Psychology Service is able to offer early intervention guided self-help sessions based on Cognitive Behaviour Therapy for parents of primary-aged children experiencing anxiety or challenging behaviour.

All interventions are virtual and delivered by Children's Wellbeing Practitioners who are supervised by an experienced clinician.

The intervention for **anxiety** may be suitable if a child persistently experiences:

- Talks about various worries and fears
- Shows distress about leaving their parent or caregiver
- Expresses intense fear of certain objects or situations which are unusual for their age or stage
- Finds it difficult to speak up or take part in group or whole class discussions
- Complaining of physical symptoms like tummy aches
- Finds it difficult to concentrate, and hard to relax
- Avoids situations because of their worries or fears

The intervention for **challenging behaviour** may be suitable if a child persistently:

- Finds it very difficult to comply with adults' requests and instructions
- Seems to be disobedient or defiant
- Throws, rips or breaks things in their environment
- Hurts others or themselves
- Runs away

These 1:1 sessions take place over six to eight weeks. Parents will meet with the Children's Wellbeing Practitioner virtually via Microsoft Teams or on the telephone to understand their child's difficulties, set goals, and then work towards them. The parent will then work towards the goals and practice the tools and strategies in between each session.

If a child or family is experiencing complex and enduring difficulties, or is facing very challenging circumstances in their lives, it would be more appropriate to refer them to CAMHS or other specialist services.

If you are a school, please book a brief telephone consultation to explore whether our service is a good fit for the child and parent's needs, by emailing emma.gore-langton@enfield.gov.uk with 'CWP input' in the subject line.

If you are a parent, please ask your school to get in touch with our service on your behalf.



**No Cost
to
Schools**