

# Helping Your Child Manage Worries

## A Workshop for Parents & Care Givers

### Who is this workshop for?

This workshop is for parents/care givers of children aged 5-12 years old who struggle with anxiety and worries. This can look different for all children but common struggles include:

- Having a lot of 'what if...' worries
- Feeling very anxious about school
- Fearing specific places, situations, or objects
- Struggling with separation



It is important to remember that all children have fears and worries but for some children this can start to affect their wellbeing and impact their school and/or home life. This is when we might think about accessing some additional support as it can otherwise be difficult to know how best to support them to overcome these challenges.

### What will the workshop involve?

The workshop will be 1 hour long and will be held at your child's school. It will consist of information presented by the workshop facilitator as well as opportunities for discussions. After the workshop there will be time for you to ask any questions or speak to the facilitator one-to-one. You will receive some resources to take away with you as well as advice on how to access additional support should you feel you need it

### What are the dates and timings for this workshop?

**Date:** Thursday 2nd February 2023

**Time:** 2.00pm to 3:00pm

**Location:** Bitterne Park Primary School



## What if I am nervous about talking in a group setting?

Understandably, some people can feel worried about working in groups. While we encourage everyone to participate in discussions to help them get the most out of the workshop, you will not be made to share anything you don't feel comfortable with. Furthermore, we will make a group agreement at the start of our session to ensure the workshop is a safe, comfortable, and confidential space for everyone. Many people who take part in a group like this say they actually appreciate the chance to meet others in similar situations.

*"It has helped knowing we're not alone by hearing how other parents are helping their children. Really just knowing we are not powerless, and we CAN help"*



## Who is running this workshop?

This workshop is delivered by the Southampton Mental Health in Schools Team (MHST) and supported by Bitterne Park Primary School. The workshop will be facilitated by Jo, from the MHST.



## What if I have more questions?

If you have any questions or concerns, you can speak to **Mr Evans** or **Miss Chambers**