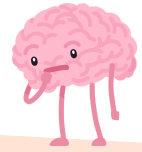


JOIN US...



# PARENT & CARER SUPPORT

Parents and carers of children at Stocksbridge Nursery Infants can access free support for their anxious or nervous child with their education mental health practitioner.

We understand that everyone feels worried or anxious sometimes, especially during challenging experiences, but when it begins to interrupt everyday behaviour, causes tummy aches and tiredness, or stops them enjoying themselves, we're here to help.

## **What is parent led cognitive behaviour therapy?**

The programme is aimed at parents and carers of children aged 5-12 years who are showing signs of anxiety. This group intervention will take place over 10 sessions and will be carried out over 9 face to face sessions (1 hour) in school and 1 phone call (20 minutes). The next group is due to start in September.

This intervention will provide you with techniques to use with your child that are based on Cognitive Behavioural Therapy (CBT). These techniques will help you support your child to overcome some of their difficulties related to their anxiety. This work will be supported through you reading the book *Helping Your Child with Fears and Worries* by Cathy Creswell and Lucy Willetts.

If you're interested in taking part in this group, please complete the short form by Friday 26th June 2026 and Mrs Townsend will contact you for further information.

<https://forms.cloud.microsoft/e/x4ThZfIVDa>

