



Frequently asked questions

Do I keep the anxiety going?

It is important to not blame yourself. Every person responds to things differently. It may be your child has noticed your anxiety or fear and has learned this, or they simply see the world through different eyes. We are here to help.

Will there be homework?

There will be some work to do at home with the children, but we work hard to ensure this is to support you and the young person and not cause any issues.

Can my child come with me?

We do ask that it is only parents and carers who attend these sessions. This provides a safe space for you to discuss your own worries and anxieties and allows the practitioners to focus on supporting you to gain the skills to support your child.

howareyoufeeling.org.uk



Parent-led CBT

Information for parents and carers



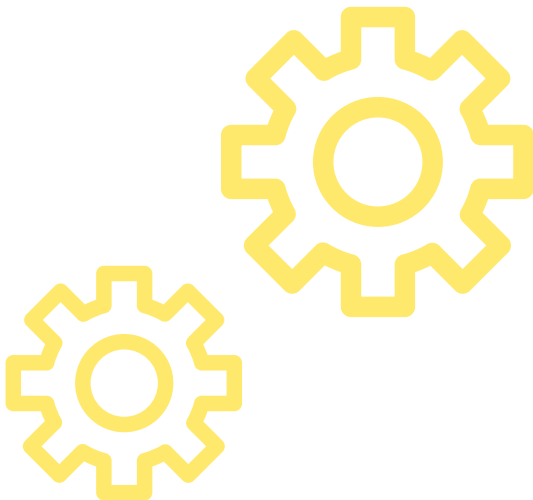
What is CBT?

CBT stands for cognitive behavioural therapy. This focuses on changing behaviours to change the way we think and feel.

Parents and carers play the most important part in helping children to overcome difficulties with anxiety.

Because of this, it is essential that you feel skilled and confident in managing your child's difficulties.

You know your child better than anybody and have lots of time and opportunity with your child or young person to really have an impact.



How we can help you

We offer brief parent-only intervention to support you in managing your worries and anxieties, and provide you with tools to support your child or young person.

During the sessions you will have the opportunity to rehearse key skills with the practitioner and get advice on how to problem solve issues that arise.

How long will the intervention last?

We offer four face to face sessions and two telephone appointments, spread over 8 weeks.

Face to face appointments last 45-60 minutes and telephone appointments last approximately 15-20 minutes.