



From Timid to Tiger is a parenting-based approach to managing anxiety in children. It is based on evidence that anxious children benefit from a parenting style that is clear, calm and consistent whilst being sympathetic to the symptoms that children feel as a result of anxiety.

Many children struggle to articulate their thoughts, feelings and sensations. It can be very frustrating and exhausting to try to encourage your child to manage their anxiety and the impact this has on family life.

From Timid to Tiger aims to explore the role of anxiety within a family, how it develops and how parents/carers are well placed to support children who frequently feel anxious. The sessions offer practical tips and advice on things that parents can do to help their child cope with their anxiety and overcome challenges they face. The small group sessions will be run for **2 hours per week for 9 weeks** and each parent will identify personal goals to enable them to focus on achieving positive change.

What to expect: Sessions 1-10

1. Introduction to the programme
2. Securing the parent-child bond through non-directive play
3. Understanding your child's anxiety
4. Using praise to build children's confidence
5. Using rewards to get the child motivated
6. Setting limits on anxious children's behaviour
7. Managing worry
8. Managing really difficult behaviour
9. Review of the work

This group is aimed at parents with a pupil in **Year 7**, if you are interested in attending this programme please contact maggie.bankowska@paigntonacademy.org or sasha.pleasance@paigntonacademy.org for further information. The group will commence on Tuesday 3rd of October - Tuesday 5th December @ 9.30am -11.30am.