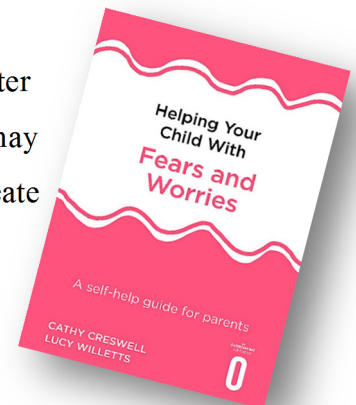


Why use parent-led interventions to support childhood anxiety or behavioural difficulties?

Supporting a child with generalised anxiety, separation anxiety, panic, or phobia:

Within primary schools, Trainee Education Mental Health Practitioners (TEMHPs) will deliver a Cognitive Behaviour Therapy or CBT-based parent intervention from the '*Helping Your Child with Fears and Worries 2nd Edition: A self-help guide for parents*' by Willetts and Creswell (2019) to support children with anxiety disorders. This intervention consists of four face-to-face and two telephone contacts with parents over an eight-week period. The rationale behind utilising a parent-led CBT approach for childhood anxiety derives from the following key discoveries:

- ✚ This intervention has been evaluated across NHS settings and similar outcomes were found compared to standard child and family-focused CBT approaches.
- ✚ Children with anxiety disorders frequently elicit responses from others which can inadvertently maintain their anxiety. Parents are better able to monitor and challenge others' responses to reduce those which maintain their child's anxious thoughts, feelings, or behaviours.
- ✚ Parents are experts when it comes to their child and have a greater awareness of how their child may respond plus any areas they may struggle with compared to a therapist. This knowledge helps create a more child-centred, collaborative, and effective intervention.



Supporting a child with behavioural difficulties:

Within primary schools, TEMHPs will deliver the University of East Anglia's Social Learning Theory (SLT) parent-based intervention which explores techniques such as modelling and positive reinforcement to support children with behavioural difficulties (over six sessions). The rationale behind utilising a parent-based SLT approach for behavioural difficulties in children stems from the following findings published within the manual:

- ✚ Whilst there are many sources of behavioural issues and potential therapeutic techniques, parent support is cited as the most influential at reducing behavioural issues in primary-aged children.
- ✚ Parents are more able to monitor the circumstances which precede and follow their child's challenging behaviour plus use this knowledge to nurture positive changes.
- ✚ Children can struggle to stay motivated and continue with behavioural interventions if techniques appear difficult initially.