
 South West London and St George's Mental Health NHS Trust

Increasing your child's confidence and independence

Leah Bannister, CWP
 Richmond Child Wellbeing Service 2019






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PLAN FOR THE SESSION:

- ❖ Anxiety and confidence
- ❖ Strategies for increasing confidence and independence
- ❖ Questions






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HOW ANXIETY IMPACTS ON OUR THOUGHTS

Anxiety = $\frac{\text{Overestimation of danger}}{\text{Underestimation of ability to cope}}$

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HOW DO WE IMPACT THIS?

Learning by example:






What do we avoid? How do we model going into new situations or doing things we find difficult?


Learning from others' reactions:


How do we look when the child is attempting to do something new – what signals is this giving them?

Coping experiences:

Do we encourage the child to give things a go, or to collude with avoidance when things seem tough – what message does this send them?

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WHAT CAN WE DO TO ENCOURAGE THEM?

Learning by example:






Model brave behaviour


Learning from others' reactions:


Project an air of confidence. Be aware of how you respond to your child's anxiety.

Coping experiences:

Allow your child to have coping experiences and not collude with avoidance

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ASK QUESTIONS RATHER THAN GIVING SOLUTIONS

If they are not feeling brave ask them about this – What do you think might happen? Has this happened before? What else could happen instead? What advice would you give a friend who felt like this?

This helps them to realistically evaluate the danger and think more helpfully about their ability to cope. It is important to help them think of alternative perspectives for themselves rather than give it to them.



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CARRY OUT BEHAVIOUR EXPERIMENTS TO GIVE THINGS A GO

Encourage them to give it a go – making it fun and acting like a scientist or a detective can help them build their confidence.



Experiments

Experiment 1:

What do you think will happen?

Rate anxiety before: /10

What actually happened?

Rate anxiety after: /10



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JOINT PROBLEM SOLVING

Problem solving table

WHAT IS THE PROBLEM?	LIST ALL THE POSSIBLE SOLUTIONS (NO MATTER HOW WEIRD OR WONDERSFUL!)	WHAT ARE THE PROS AND CONS OF THIS SOLUTION? (IN THE SHORT TERM? IN THE LONG TERM? TO MY ANXIETY IN THE FUTURE?)	IS THIS PLAN DOABLE? YES/NO	HOW GOOD IS THIS PLAN? Rate 0-10	WHAT HAPPENED?

(Taken from Creswell and Willett, 2007)

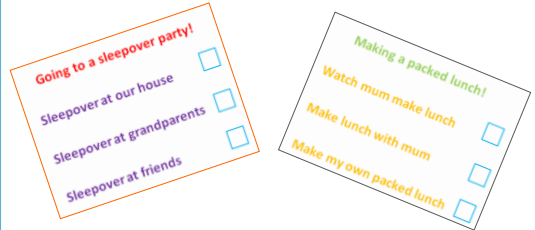
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PRaise AND REWARDS



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BREAKING THINGS DOWN



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VISUAL PROMPTS



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Next Steps:

1. Try out the strategies you learnt today. Don't expect an immediate result- the more you use the strategies with your child the bigger the impact they will have.
2. Buy Creswell, C. and Willetts, L (2010). 'Overcoming your child's fears and worries: A guide for parents using cognitive behavioural techniques.'
3. Visit your child's GP who will be able to refer you to appropriate services.



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