

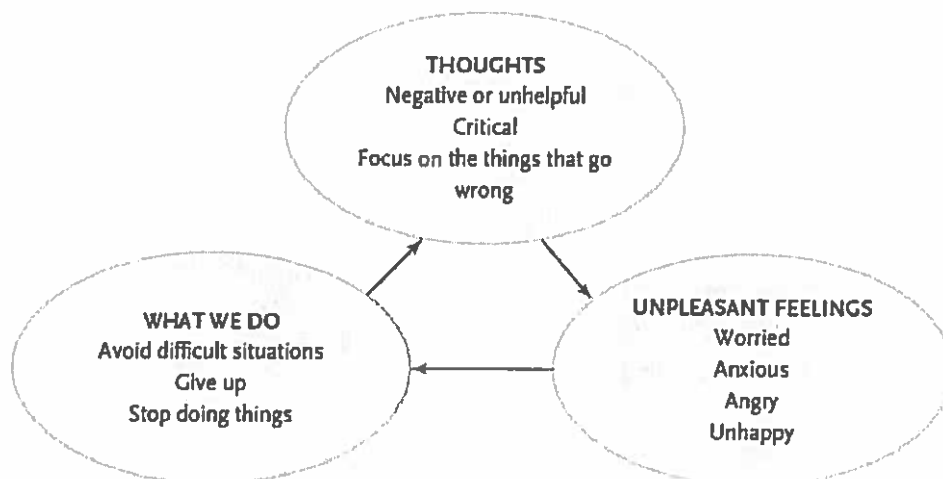
## What Parents Need to Know about Low Intensity Anxiety Management

### What is LIAM?

Low Intensity Anxiety Management (LIAM) is a way of helping children to overcome their problems. It is based on a psychological therapy that lots of research has shown to be effective to help children overcome their problems. It is based on the idea that how we feel and what we do are affected by what we think. LIAM explores the link between:

- ✚ The way people think
- ✚ How they feel
- ✚ What they do.

In LIAM your child will be helped to find their unhelpful ways of thinking. These ways of thinking often lead to worried, anxious, sad, angry or uncomfortable feelings. These feelings are unpleasant. We try to prevent or stop them by avoiding difficult situations or challenges. This is the **NEGATIVE TRAP**.

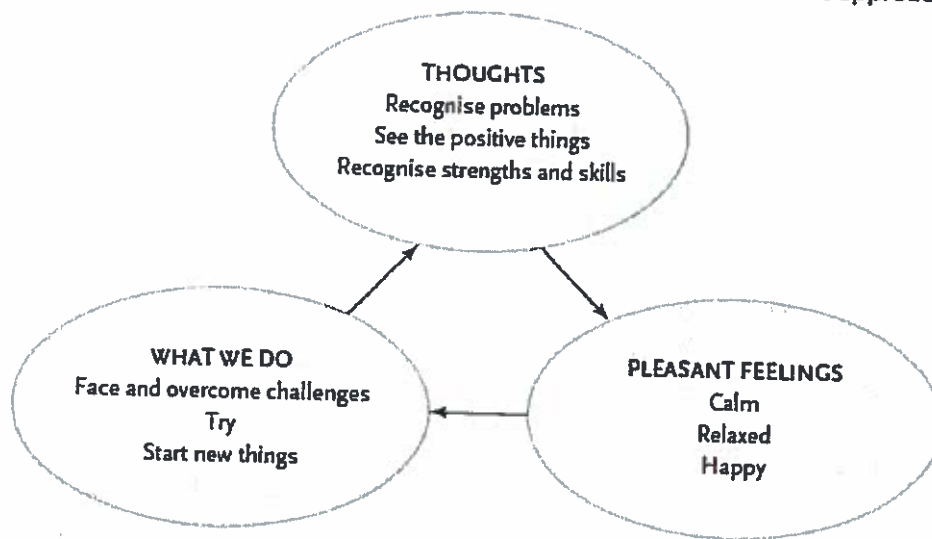


### How will LIAM help?

LIAM will help your child to:

- ✚ find their negative or unhelpful ways of thinking
- ✚ discover the link between what they think, how they feel and what they do
- ✚ check and test the evidence for their negative and unhelpful thoughts
- ✚ find new ways to cope with their unpleasant feelings
- ✚ overcome their problems and do the things they would really like to do.

LIAM will help your child to climb out of the negative trap to a more **POSITIVE** approach.



**What will happen?**

LIAM is a fun and practical approach that helps children learn to overcome their problems. We **WILL WORK TOGETHER** with you and your child to:

- ✦ identify unhelpful ways of thinking
- ✦ develop a shared understanding of why these problems happen
- ✦ explore whether there are other ways of thinking about things
- ✦ test and experiment to see whether these are helpful
- ✦ learn new ways of controlling unpleasant feelings
- ✦ find new ways of solving problems.

**We will agree with you:**

- ✦ a set number of meetings
- ✦ whether we meet only with your child or whether you will join some or all of
- ✦ the meetings.

~~The last session will usually be a meeting with you and your child to review how things have changed and to agree what needs to happen next.~~ - PRIMARY.

**How can I help my child?**

You can help your child by giving them your **SUPPORT**.

### **S – Show your child how to be successful**

Children learn by watching others, especially their parents. Be a positive model for your child and show them how to approach and successfully cope with difficult situations rather than avoiding them.

### **U – Understand that they have a problem and need your help**

Coping with worries and problems is hard work and children sometimes don't know what to do or learn unhelpful ways of coping. Although you or others might find your child's behaviour difficult, it is important to remember that they are probably not behaving like this because they are being difficult or naughty.

### **P – Patient approach**

Change takes time – so do not expect any immediate changes. Be patient, reward success and remember that temporary setbacks are common. Encourage your child to keep trying and not to give up – they will get there!

### **P – Prompt them to try**

Children get trapped in their old ways of thinking and behaving and will need you to remind them to use their new skills. They may also find some parts of the programme quite hard. Encouraging them to practise and reminding them to use their new skills is really important.

### **O – Observe what they do**

Your child may have become caught in a negative trap where they find it hard to see the positive or successful things that happen. Watch what your child does and help them find the things that have gone well. Helping your child to find their successes will make them feel good about themselves, show them that they are making progress and will make them more confident to try again.

### **R – Reward and praise their efforts**

Give your child attention for practising and using their new skills. Children often try harder if they know you are interested and will praise them. You can also use small rewards such as allowing them to stay up later, extra time on the computer, watching a DVD or having a friend for a sleepover. Rewards do not have to cost money. Agree with your child what might be a special treat.

### **T – Talk about what they do**

Talking with your child can help them feel supported and understood. It builds self-esteem by showing them that you are interested in what they say. Talking about each session provides a way of going over the main learning points and of highlighting key messages. However, you should avoid grilling your child after each session – there are times when they may not want to talk about it.

**SUPPORT your child and help them to overcome their problems**

