

Devon Educational Psychology Service

Helping Your Child with Fears and Worries – an approach to support School Attendance

Online Sessions for Parents and Carers

The Devon Educational Psychology Service (EPS) is running online group sessions for parent carers based on the Overcoming Programme, which is effective in reducing anxiety in children and young people. The programme helps parent carers develop anxiety management skills that can be used even after the programme ends.

Who Can Join?

Parents whose children have low or falling school attendance and whose children are experiencing anxiety related to school. The Overcoming Programme is designed to support parent carers of children between 5-12 years of age, but it can be adapted for older children. The group facilitators work with parent carers where a more personalised approach is needed, for example if the child or young person has SEND.

The programme may not be effective for parent carers of children and young people with long term or complex difficulties.

Places are limited and we may not be able to offer every parent carer a place. If this is the case, we will provide advice on other support that may be available.

We are running an **online information session for schools and parents** on Monday 21st October at 1.30pm. To request a link to the meeting please email Overcoming-programme@devon.gov.uk

Programme Details

- **Duration:** Six sessions, each 90 minutes long
- **Schedule:** Delivered over seven weeks with a one-week break between sessions 4 and 5
- **Participants:** Parent carers (children do not need to attend). We will include no more than 8 parent carers per group to ensure everyone can contribute and ask questions.

Additional Resources

Parents can purchase the book "Helping Your Child with Fears and Worries (2nd Edition)" by Cathy Creswell & Lucy Willetts (2019) for more information.

Session Dates

- **Group 1:** Starts Monday, 4th November, 3:45 PM - 5:15 PM, then every Monday
- **Group 2:** Starts Friday, 8th November, 10:00 AM - 11:30 AM, then every Friday
- **Group 3:** Starts Weds, 8th January, 10:00 AM - 11:30 AM, then every Wednesday
- **Group 4:** Starts Monday, 13th January, 1:00 PM - 2:30 PM, then every Monday

How to Join?

To request a place, parents need to complete an online form which can be found here:

<https://forms.office.com/e/U5JuVdY6R3>

For more details or questions, contact Dr Daniel Nicholls, Senior Educational Psychologist, at 01392 382 354 or Overcoming-programme@devon.gov.uk