



# Fear-Less Triple P

## **Is this your family?**

Your child (aged 6 to 14 years) has anxiety that is affecting their everyday life. It may stop them, or your whole family, from doing certain activities. Your child may be worried a lot of the time. You may swing between reassuring them and telling them to face their fears. Neither of these seems to work, and their anxiety seems to increase. You may feel like you've tried everything and possibly may be anxious yourself. If parenting a child with anxiety is affecting your life and you'd like to help your child worry less and be more confident, Fear-Less Triple P can help.

## **What is Fear-Less Triple P?**

Fear-Less Triple P helps you set a good example of coping with anxiety, coach children to become more emotionally resilient, and develop your own toolbox of strategies. You can choose how to best support your child as they learn to manage their anxiety more effectively.

Fear-Less Triple P encourages you to use practical strategies with all family members, not just the child who seems especially anxious. In this way, the Fear-Less Triple P program helps the whole family to reduce unnecessary fear and anxiety.

## **What can I expect from this program?**

This comprehensive program is delivered over 7 weeks, each session lasts two hours. Over seven sessions you will cover a range of strategies and exercises that will help you put your plans into action.

**For more information, please email [Parenting@pkc.gov.uk](mailto:Parenting@pkc.gov.uk)**

