



Supporting the anxiety (intervention)

Supporting approach	Making it successful	Resources
<p>'Online course'</p> <p>Learning about oneself and developing a better understanding of mental health and wellbeing.</p> <p>Designed specifically to maximise the involvement of parents/carers in supporting their child's wellbeing and anxiety.</p>	<p>Education staff having knowledge of the content.</p> <p>Strong partnership working between parent/carers and education staff in order that:</p> <ul style="list-style-type: none"> - feedback on the child's responses to the course continues to inform assessment - there is consistency in the approaches to support across home and school - the child has the opportunity to practice the strategies in the school context if required <p>Address any barriers to IT access/data to enable parents/carers to access.</p> <p>The course is recommended for supporting children 8-11 years but consider if the content may be suitable for children you work with if they are out-with this age group.</p>	<p>Provided by Fife Health and Social Care Partnership, Glow: An anxiety management resource for primary school age children (8 years-11 years) is an online anxiety management resource accessed through a mobile phone app for children (aged 8-11) and their parents.</p> <p>It consists of 3 parent modules and 4 child modules which parents should support children with.</p> <p>Parent/Carer modules – Managing Anxiety; Emotion Regulation; Building You Child's Self-Esteem.</p> <p>Child modules (for working through with a parent/carer) - The Challenger; Captain Calm; The Detective; The Adventurer</p> <p>The app, videos and workbooks help to learn about anxiety and find out about lots of helpful coping strategies. Regularly practising the strategies is important.</p>