


## Supporting the anxiety (intervention)

Supporting approach  Enhanced nurture	Making it successful	Resources
<p>This approach should be used for all children and young people experiencing anxiety across all age ranges.</p> <p>This aims to enhance the child/young person's emotional and social development.</p> <p>This ensures there is a balance of challenge and support that is well considered and based on a strong evidence base.</p>	<div style="display: flex; justify-content: space-around;"> <div data-bbox="510 496 987 1066"> <p style="text-align: center;"><b>The Nurturing Principles</b></p>  </div> <div data-bbox="1077 496 1711 1075"> <p style="text-align: center;"><b>Two Pillars of Nurture</b></p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="1077 579 1379 874"> <p style="text-align: center;"><b>Care</b></p> <ul style="list-style-type: none"> <li>• Attunement</li> <li>• Warmth</li> <li>• Connection</li> <li>• Empathy</li> </ul> </div> <div data-bbox="1402 579 1711 874"> <p style="text-align: center;"><b>Challenge</b></p> <ul style="list-style-type: none"> <li>• Structure</li> <li>• Expectations</li> <li>• Press</li> </ul> </div> </div> <p style="text-align: center; margin-top: 20px;">See also – Resilience, Risk and Scaffolding (Early Level and Beyond)</p> </div> </div> <p style="margin-top: 20px;">Taking each of the nurture principles in turn, think about how you can enhance these for the young person in school, at home, in other key settings. What will the young person see, hear, feel differently if these are enhanced? How can they input into the ideas generated? Is this a task in a team around the child context or through some other means of consultation?</p>	<p><a href="#">Nurture Training Materials</a> on the GIRFEC practitioners pages</p> <p>Falkirk Educational Psychology Service  <b>Nurturing Schools Pack FINAL</b></p> <p>Education Scotland &amp; Glasgow City Council (2019). <a href="#">Applying Nurture as a Whole School Approach: A framework to support self-evaluation.</a></p> <p>Video Treisman, K. (2020). <a href="#">Every interaction can be an intervention.</a> (4.25mins)</p> 