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## Health and Social Care Partnership: Fear-Less Parenting programme

Dear Parent/ Carer,

Following a successful information session led by the Health and Social Care Partnership in October, the HSCP have agreed to deliver their **Fear-Less Parenting** programme at the school. I have included the full breakdown of this Programme overleaf but the following extract covers key elements for information:

***Fear-Less Triple P aims to help parents to set a good example of coping with anxiety, coach their children to become more emotionally resilient and develop a toolbox of strategies and choose the most effective way to respond to their child's anxiety. (HSCP info document)***

This programme is normally only accessed via waiting-list limited supports (GP, CAMHS etc). It is open to all parents and carers from Rosshall Academy- you do not have to have attended our support forums or info sessions in the past. I am keen that this offer is accessed by as many families as possible.

**Dates are 20th, 27th November & 4th December 6pm-8pm**

**All sessions will take part in the school library at the back of the Social Space**

To allow us to plan and inform the HSCP staff, please complete the sign up form via the link below if you are interested.

**<https://forms.office.com/e/rFppKvidra>**

Should you have any questions, please contact me at the school.

Many thanks

Mr Clelland

**PT Employability & Family Engagement (Pupil Support)**





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## **Fear - Less Triple P Programme**

Fear-Less Triple P is a cognitive-behavioural parenting intervention that supports parents to help children manage their anxiety more effectively. The programme encouraged parents to generalise strategies to all family members, not just the child of concern.

Fear-Less Triple P aims to help parents to set a good example of coping with anxiety, coach their children to become more emotionally resilient and develop a toolbox of strategies and choose the most effective way to respond to their child's anxiety. This programme is suited to parents or caregivers of children aged from 6 to 14 years who have moderate to high levels of anxiety that cause significant distress or impact on their everyday functioning.

### Session 1 – Understanding Anxiety

In this session, parents learn about anxiety and how it works. Parents are encouraged to reflect on how anxiety impacts their family. The session aims to give parents a better understanding of the development of their child's anxiety and why it continues. At the end of the session, parents establish some goals for change to focus on through the programme.

### Session 2 – Promoting Emotional Resilience

Parents are introduced to parenting strategies that promote emotional resilience in children. These strategies help parents encourage their children to express, tolerate and manage their upsetting emotions more effectively. Parents are also introduced to a tool that helps to track how anxious their child is feeling.

### Sessions 3 – Setting a good example and encouraging realistic thinking

This session introduces the importance of parental modelling in understanding children's emotional reactions. The session also covers how thoughts can affect the development and maintenance of anxiety, highlighting the importance of flexible thinking and teaching parents to encourage the skill in children.

### Session 4 – Understanding avoidance

In this session, parents learn about avoidance, the most common response to anxiety. Parents are introduced to the principle of exposure and the 'fear ladder', a tool used to gradually confront and overcome anxiety.

### Session 5 – Responding to children's anxiety

This session focuses on the most common ways parents respond to children's anxiety and the advantages and disadvantages of each. Parents are encouraged to reflect on which responses are relevant to them and what they might want to do different.

### Session 6 – Constructive problem solving and maintaining progress

This session introduces parents to a step by step problem solving approach to help children manage their anxiety. It also covers some guidelines on how to maintain positive changes over time.

