



Information session for Parents & Carers of P5 & P6 children Wednesday 15th March at 1.45pm - 2.30pm

LIAM - LET'S INTRODUCE ANXIETY MANAGEMENT

Let's Introduce Anxiety Management (LIAM) was developed by NHS Education for Scotland (NES) and is based on Cognitive Behavioural Therapy (CBT) principles. It helps children & Parents to understand their anxiety in terms of how it affects our thoughts, body and actions.

LIAM teaches children ways to cope with their anxiety using 'anxiety tools'.

If you want to know about this course, come along and you will find out:

What is LIAM? Who is LIAM for? What does LIAM involve? How you can help as a parent or carer

Anxiety in children and young people Anxious or worried feelings are completely normal.

It is common to experience anxiety when there are changes in our lives or in reaction to things like exams.

Most of the time, anxiety reduces on its own, or when you get help from other people, however, anxiety can become a problem if it stays high and stops us from doing things we enjoy.

If you do feel anxious a lot, it can help to learn more about anxiety and to work out ways to cope with anxious feelings.

LIAM is for children aged 8 years and up, who have levels of anxiety that affect their lives.

For example: ■ Worried about separating from a parent / carer ■ Phobias, or anxiety about specific things, e.g. dogs, or visiting the dentist ■ Feel worried a lot of the time about lots of things ■ Worried about social situations, e.g. speaking up in class, talking to new people ■ Panic attacks

At the end of this information session you will have the opportunity to sign up for the parent and child course starting in April.

Community Learning & Development (Schools)

provide support to parents and families.

This support is to help all:

"...children grow, develop and reach their full potential within strong, confident and resourceful families".

This will be delivered by:

Community Learning and Development & St Margaret of Scotland Nurture Teacher

Lesley Davidson CLD Schools Worker

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Shona Watt Class/Nurture Teacher

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All families that complete the course will be entered into a prize draw to win £50 of ASDA vouchers!

