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Wake Up The

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What is it?
Evidence Based
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health
professionals who
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anxious children
and their parents.
Organised into a
10-session
parenting-based
course, the book
provides parents
with simple
cognitive
behavioural ...

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you want some
good advice on the
best approach to
take when your
child is frightened
or worried, then
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is for you. It is hard
to raise an anxious
child and many
children don't want

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to open up about
their worries with
their family.

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Timid to Tiger is an
entirely parenting-
based approach to
managing anxiety
in children aged
nine years or
below. It is based

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on evidence that
anxious children
benefit
substantially from
a parenting style
that is clear, calm
and consistent.

~~New 'Timid to
Tiger' parenting-
based group
intervention ...~~
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Support: Timid to

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Tiger Programme -
Sheffield -
(NCCMH) The Timid
to Tiger

Programme is an
evidence-based
programme
utilising a cognitive
behavioural
therapy (CBT)
approach for
parents of children
aged 3 to 11 who
present with

Access PDF From Timid To Tiger anxiety.

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Support: Timid to
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From Timid To
Tiger Programme-
Beginning on the
15th of September
2017

(9.30am-11.30am)

This is a Seven
Week Programme

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for parents with six weeks running consecutively, and a follow up session occurring approx. one month later. This programme provides parents with a step-by-step approach to managing young anxious children.

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» ~~From Timid To Tiger Programme~~
Timid to tiger is an entirely parenting-based approach to managing anxiety in children aged nine years or below. It is based on evidence that anxious children benefit substantially from a parenting style

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that is clear, calm
and consistent. The
group aims to
explore the role of
anxiety within a
family and how it
develops.

~~'Timid to tiger'~~
~~group – for parents~~
~~of anxious children~~
The 'Timid To
Tiger' programme
has been

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developed into a group programme running for 10 weeks by South West Family Values based on the work of Ben Laskey who wrote the book 'Timid To Tiger'.

This idea is adapted from Webster Stratton's Incredible Years programme.

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~~Timid tiger – South
West Family Values
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Portney &
Associates.

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Author: Benita Rae
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Intervention 'Timid to Tiger' parenting intervention or waiting list control for 10 weeks. The parenting intervention was a

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manualised, group,
10-session course
for parents. It was
delivered by two
clinical
psychologists and
attended by three
to seven families
per course.

~~'Timid to Tiger'
group parenting
training reduces
anxiety ...~~

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There are still places on the From Timid to Tiger workshops that are due to start after half term. These workshops are aimed at supporting in parenting anxious children and are delivered by staff that have been trained by CAMHS

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(Child & Adult
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is an evidence-
based program for
parents and carers
of an anxious child.
This program
utilises the

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principles of
attachment and
cognitive
behavioural
therapy to give
parents and carers
the skills and
knowledge to help
their child face
their fears.

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This book is an
essential manual
for mental health

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professionals who
work with young
anxious children
and their parents.
Organised into a
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course, the book
provides parents
with simple
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children to manage
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