



# Maintaining Success on Your Own

## Congratulations!

You and your child have probably put in many hours of practice and have worked hard to make progress. Learning the skills to overcome anxiety isn't easy. Your child and your family deserve a lot of credit.

## What Happens Now?

The number of meetings will now decrease. There will be some booster sessions scheduled in (at 1 and 3 months') as you and your family take over the work on your own. There may be a few things that still need to be worked on after the programme is over. This is normal. In fact,

it's part of the plan. Your child and your family will work together to use the new skills you have developed, and as you do so, your child's confidence will increase. With your support, your child will keep facing fears and practising on his or her own. Children often continue to improve for six

months or more after finishing the programme. If you have any questions about how to continue the programme on your own, be sure to ask them now. Use the last meeting as a time to celebrate and do something fun together.

## Staying in Shape

Like exercise, learning to cope with anxiety can be difficult and tiring at first. With time, it becomes easier and more natural, especially if you make it a part of your regular routine. But just as a person who stops exercising can get out of shape again, a person who stops practising bravery might start to have a hard time dealing with anxiety again. It's important to help your child continue to practise. The practice doesn't

### Some ways I can help my child keep practising:

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need to be as difficult or intense as it was in the beginning, but doing a little bit now and then will help your child stay in shape. Try to help your child think of ways to challenge him- or herself a few times a week.

You might think of this as "mini practice" exercises. And don't forget to keep practising the new skills you've learned, as well.

## What Happens Now?

Praising your child will continue to be a great way to keep things on track. Be sure to tell your child how proud you are of all the work he or she did to get this far. Try to point out

how well things are going – even little things - to help

nurture your child's enthusiasm and courage.

### Things I can look for to praise:

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## What If the Anxiety Comes Back?

There is a big difference between a “lapse” and a “relapse.” Lapses are minor and completely normal. A child with anxiety can expect to have lapses every now and then throughout life, especially during stressful times. It just means a few things need to be practised again. If your child has a lapse, remember what you learned at the beginning of the

programme: a little anxiety is normal and can sometimes even be helpful. Don’t immediately assume that your child is having a relapse, or a full return of the original problem. Relapses almost never happen, and if they do, it is usually because the child stopped practising or because someone panicked during a lapse. Stay calm, and remember

that your child already has the skills he or she needs to handle this. Encourage your child to use those skills. If things get to a point where even the new skills and techniques don’t seem to be working, you can always ask for assistance to get things back on track. Sometimes just a few simple suggestions can point you and your child in the right direction.

You Can Do It!