



Mental Health

"Cool Little Kids": via telecare

Program Description

The Cool Little Kids program via telecare is a technology assisted adaptation of the Cool Kids Program. The Cool Little Kids program is an evidenced based program developed by researchers at Macquarie University that teaches parents how to better manage their child's anxiety. The Cool Little Kids via telecare is delivered directly into homes to support parents in managing the child's anxiety. The program is delivered by Clinical Psychologists based in Sydney.

This is an early intervention program targeted at the parents of children aged 3-6 years at a high risk of developing anxiety problems in the future. The program utilises a cognitive behavioural therapy approach.

Program Structure

The program employs a Telecare model of treatment working with the child's parent/s or carer/s via the internet. The program is structured in the following format:

- Initial parent screening call with a Clinical Psychologist to determine whether the program is appropriate for the intervention
- 6x weekly therapy sessions with the assistance of a manual
- 1x review session with the parent/carer and clinician
- 1x final report

How the program works

- The preschool or parent identifies a need for psychology intervention
- The child's parent contacts RFW for quick screening for eligibility. If the child seems appropriate through the intake call, a parent screener call with a Clinical Psychologist is booked in for further discussion of eligibility with the specialist
- After the 7 weeks, the parent/carer will be asked to complete a questionnaire following completion of the program for evaluation purposes

Program requirements

- Children must be between 3-6 years of age
- The primary concern must be the child's anxiety symptoms
- Parent/carer should attend all sessions at the scheduled time. Please note that rescheduling appointments is dependent on the clinician's availability and will not always be guaranteed

- Engagement from parent throughout the program to discuss progress. This program relies heavily on parent interaction and engagement
- Commitment from parent to weekly homework activities where necessary
- Completion of brief evaluation survey following end of program
- Access to a computer with good internet connection, microphone, speakers (or a headset with microphone) and webcam.

Program topics

- Understanding anxiety and shyness in preschool children
- Causes and risk factors for childhood anxiety
- Helpful and unhelpful ways of responding to anxiety in children
- Skills and strategies to help your child build brave behaviours and face fears
- Dealing with setbacks and difficulties
- How to maintain progress after the program ends

How the school is involved

It is expected that as part of this program the preschool will:

- Provide the child's parent/carer with RFW contact details for the parent to refer their child onto the program
- Assist the parent/carer with technology for sessions.
 - Sessions can be conducted at preschools, therefore the preschool will need to use the appropriate computer setup and equipment for telecare sessions, as well as a private space for the sessions particularly since discussions will likely be quite sensitive.
 - Alternatively, sessions can be conducted from home.

Contact us to discuss your children's needs and to get an obligation-free quote!
Group discounts available

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