

Policies and Procedures

Supportive Parenting for Anxious Childhood Emotions (SPACE) is a structured, 10-session program. The goal of SPACE is to work with you to help reduce your child's anxiety and related challenges by changing how you respond to your child's distress. Rather than focusing on changing your child's behavior directly, SPACE teaches you how to adjust your own responses to support your child more effectively.

It is important to understand that, like many evidence-based approaches, change through SPACE tends to be gradual. It can feel hard at first, especially when your instinct is to jump in and protect your child from discomfort. However, with consistency and support, the changes you make can lead to meaningful and lasting improvements in your child's ability to manage anxiety independently.

We believe that following the SPACE approach sets you up for long-term success not only in addressing the anxiety-related behaviors you're seeing now, but also in responding effectively to future challenges as they arise. Some treatment models focus more on working directly with the child, which can certainly be helpful. However, those approaches often require the child to be actively engaged in therapy and may not offer the same tools for parents to use independently. This can be particularly challenging when a child is reluctant or anxious about participating in treatment.

Our goal with SPACE is to empower you to become a powerful source of change in your child's life, supporting not only their current needs but also their growth and independence in the long run.

With SPACE strategies, you will be able to:

- Increase your confidence in responding effectively to your child's anxiety
- Reduce the impact of anxiety-related behaviors on your child and family life
- Support your child in becoming more independent and resilient over time

SPACE is open to including any caregivers who are involved in your child's life (e.g., grandparents or other adult family members). The program is most effective when the child's primary caregivers can consistently attend weekly sessions and implement the strategies discussed. Who in your family are the primary caregiver(s) attending SPACE sessions?

Continued on the next page

Policies and Procedures

We will be covering a lot of material in the SPACE program. For some families, the amount of information can feel overwhelming. Others may face outside challenges that make it difficult to implement new strategies each week. The goal of SPACE is not perfection, but steady progress. We understand that sometimes families need to pause in order to address more urgent concerns (e.g., medical needs, school issues, housing or financial stress). If that's the case, you are always welcome to rejoin a SPACE group when the time is right for your family.

We recognize that every family brings unique values, cultural backgrounds, and parenting styles to this work. For example, one family may prioritize a high level of involvement and closeness, while another may focus on promoting early independence. You may also experience challenges in helping extended family members or your community understand your child's anxiety. Our goal in SPACE is to honor and work within your family's values and structure, and to help you choose goals and strategies that feel meaningful and achievable for you.

To ensure SPACE is as effective as possible, we ask that you commit to attending the weekly sessions and practicing the strategies at home between sessions. While this may feel challenging at times, your consistency plays a powerful role in helping your child learn to face fears and become more confident in managing anxiety.