

Maintaining Progress

Over the last several weeks, we have developed strategies to reduce rescues and support your child as they learn to cope with anxiety. Today, we will discuss how to promote the continuation of these positive behaviors over time (maintenance) and in different situations (generalization). Take this opportunity to reflect on changes in your child's anxiety symptoms, related to targeted and non-targeted behaviors. It is equally important to reflect on your own progress, and your ability to support your child to face their fears.

At this point, you have successfully taken steps to reduce rescues related to two target behaviors. Take this opportunity to review progress you've made over the course of treatment.

Here are some prompts that can help you reflect on progress:

- In which situations did you feel most successful/empowered?
- Which situations posed the greatest challenges?
- Did your child's reactions to the second plan differ from their reactions to the first plan?
- What additional changes have you observed in your child that are not directly related to the target behaviors you identified?

At this point of the treatment, parents often report feeling more able to tolerate their child's anxiety, and more able to support their child. This is a wonderful accomplishment and deserves recognition. You are taking active steps to increase your parental self-efficacy.

Tips for success:

- While you may have started to fade some reinforcers/rewards for the original (first) target behavior, keep in mind that the new plan may require more frequent reinforcement at this time.

Consider any additional goals you would like to work on after the group ends. Remember, it's normal and expected for anxious behaviors to still be present as we come to the end of this group; now you now have the tools to address them on your own.

Tips for (future) success:

- Your child will still feel anxious some of the time, and may "test the waters" to see if they can resume some of the old behavior patterns. Be on the lookout for this happening, and avoid reverting back to old rescues. Be confident and consistent in your plan.
- Use validating statements to show support and confidence in your child (e.g., "I see you are feeling worried about X. I understand how you feel, and I know you can handle this.")

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Tips for (future) success, continued:

- When you notice signs of elevated anxiety in the future, you can apply tools learned in SPACE to the new situation:
 - Chart rescues
 - Engage supporters
 - Identify an appropriate target rescue
 - Make a plan to reduce rescues
 - Develop and deliver the announcement
 - Follow the plan and monitor progress
 - Revise the plan, as needed

Home Practice

- **Continue implementing the plans**, including any revisions you made during this week's session.
- **Continue charting rescues.**

Remember that you have the tools to create and enforce a plan to reduce rescues when you're ready to tackle a new target behavior.