

Evidence bases and helpful resources for different parts of this course

Locus of control

The reference in No Scaredy-Cats about the decline of our collective locus of control is taken from Stixrud and Johnson's book, who refer to Jean Twenge's research cited here: It's beyond my control: A cross-temporal Meta-Analysis of Increasing Externality of Locus of Control, *Journal of Personality and Social Psychology. Review 8, No. 3 (August, 2004)*.

Developing Locus of control is important because those with Low Locus of Control, 1960-2002 Children who have a high external locus of control have higher rates of anxiety and depressive symptoms and those that have a higher internal locus of control have better ability to manage adversity and stress. Stixrud, W. and Johnson's, N. book, *The Thriving Child*, is a great overview of the need to help children develop an internal locus of control and it is replete with references and numerous studies about how to give children more control over their lives.

Anxiety basics

To help explain to children, how their mind works and how they can get control over different parts of their brains try two books. First, try *Hey Warrior* by Karen Young. It's a great picture book on the role of the Amygdala as child's protector and, second, try Daniel Siegel's book, *The Whole Brain Child*, which shows how teachers and parents can help children to manage their emotional reactions to adverse events. It is a great book for children from 6 onwards and it helps them to externalise their fear.

By far the best book I have read on anxiety in adults is *Rewire Your Anxious Brain*, which is a very readable treatment of how to understand anxiety but also what to do to settle down any anxiety.

Guidelines for limits on technology and sleep issues

Here are some references for how the daily use of the devices and the internet appears to be affecting infants and young children. In this article about the effects of overuse on children's sleep and development.

<https://www.researchgate.net/publication/316114586> Daily touchscreen use in infants and toddlers is associated with reduced sleep and delayed sleep onset

<https://edition.cnn.com/2019/04/24/health/child-recommendations-exercise-sleep-screens-who-study-intl/index.html>

I have also come across a great little book about how to treat internet overuse in children, by a therapist who deals with this type of problems and who helps parents to manage device and gaming overuse. What I like about it, is that it guides parents through ways they can manage but not ban the use of devices games and how to help children maintain their mental health. See *The Tech Diet for your child and teen* by Marshall, B. (2019)

Exposure therapy

Where a fear of something, in our environment, is a problem that is stopping us from doing something exposure therapy has good outcomes. It's not that hard to do and a parent can set up an exposure regime to help a fearful child to manage their fear.

See here a link to <https://thiswayup.org.au/wp-content/uploads/2016/03/Module-4-Graded-exposure-description.pdf>

The use of exposure ladders and how they are used to treat common phobias. Here are some other references:

“Extinction Learning in Humans: Role of the Amygdala and VMPFC.” *Neuron* 43:897-905.

Wolitzky-Taylor, K.B., J.D. orowitz, M.B. Powers and M.J. Telch

“Human emotional Brain without sleep: A prefrontal Amygdala Disconnect.” *Current Biology* 17: 877-878.

Emotion Coaching

Emotion Coaching has been around for decades. Emotion coaching is the practice of talking with children about their feelings, and offering kids strategies for coping with emotionally difficult situations. The goal is to empathize, reassure, and teach.

<https://www.parentingscience.com/emotion-coaching.html>

Think before your respond - cognitive behavioural strategies

There are many references for the effective use of cognitive behavioural strategies so many in fact that I don't want to confuse you with too many. However, I will point you to two issues as they are relevant for this course. First, we know that CBT can be as effective for mild and moderate depression as antidepressants. See a review of CBT from the Royal College of Psychiatrists [https://www.rcpsych.ac.uk/mental-health/treatments-and-wellbeing/cognitive-behavioural-therapy-\(cbt\)](https://www.rcpsych.ac.uk/mental-health/treatments-and-wellbeing/cognitive-behavioural-therapy-(cbt))

A recent journal article by Thirwall, K., Cooper, P and Creswell show that parent guided CBT has been shown to be an effective treatment for children with similar outcomes to therapist led outcomes. <https://www.ncbi.nlm.nih.gov/pubmed/27930939>

Exercise – getting outside and default mode networks

See in Stixrud and Johnson at pages 222-240 - exercising your brain and body and at pages 19 to 21 for information on default mode networks.