



RECOGNISING & RESPONDING TO ANXIETY

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Parents are understandably concerned about reported rising levels of anxiety in children. They want to know the difference between 'normal' childhood fears and concerns and identify any worries that may be impacting their child in a significant way. They want to know what to do when their child is scared and overwhelmed and feels unable to do what they need to do, and enjoy doing.

When we understand how anxiety works, we can help our children learn to manage their fears and concerns in a positive way.

This workshop covers the following topics:



UNDERSTANDING CHILDHOOD FEARS & WORRIES

Anxiety makes us aware of potential dangers so we take action to stay safe, or perform at a higher level. Our 'nerves' keep us alert and ready to respond, but we also need to recognise when we are not at risk. We discover how our brains and bodies respond when we feel scared and worried and what we need to do in these moments. We look at common causes of anxiety in children, including worries related to development and temperament, and the typical ways children display their fears.



MANAGING ANXIOUS FEELINGS

We examine the best ways to respond when children are anxious. We also explore how our own anxiety can affect our families and what we can do about it.



REDUCING STRESS AND DEALING WITH OVERWHELM

We discuss how to minimise stress at home and how to help children cope with feelings of overwhelm in the moment. Learning coping and calming techniques means children learn to self-regulate and become more able to handle stressful situations.