



Parenting Anxious Children

A 10 week online programme for parents and carers to develop understanding & strategies to manage their children's anxiety

Key Themes covered include:

- The importance of play
- Praise, reward & bravery
- Managing difficult behaviours
- Managing worry
- Emotion coaching
- Developing confident thoughts

Please book through the SENDCO at your child's school

930-1030
Termtime
Fridays
28th April 23
- 14th July 23