

Managing anxiety in your primary aged child

Funded by DSPL9 and FREE for parents and carers in Bushey, Radlett, Watford and Three Rivers, this three session evidence-based course is for those parenting children from four to 11 years.

Facilitated by Lesley and Francine, trained, qualified and experienced facilitators and parents too, with 20 + years personal and professional experience.

Anxiety can look like this...



And it can also look like this...



This course will enable you and your family to:

- ✓ Increase your understanding of why children feel anxious
- ✓ Develop a greater understanding of the range of emotions that may be hidden & the effects on the whole family
- ✓ Understand triggers which increase anger and anxiety in children
- ✓ Learn helpful tips, ideas and creative ways to help children to communicate their emotions
- ✓ Learn strategies for parents to keep calm under pressure
- ✓ Help children to understand what calm is all about and how to achieve their best version of calm
- ✓ Use empathy to set clear rules and boundaries
- ✓ Develop supportive ways to respond to children's difficult feelings
- ✓ Helping children to become more emotionally literate & build strong attachments

Where: Online via Zoom

When: Monday mornings 9.30-11.30am
May 15th and 22nd 2023

Places are free for parents and carers in the areas listed and must be booked by emailing bookings@familiesinfofocus.co.uk