

# PARENTING YOUR ANXIOUS CHILD

Is your child a persistent worrier, or excessively scared of some things? Do they seem overly shy and too anxious to interact with others? Do they avoid new challenges, hate making mistakes or fight you when things don't go to plan?

Anxiety is one of the biggest mental health challenges in young children. Fortunately, parenting techniques can be highly effective in building skills for emotion regulation and cutting through the complexity of anxiety to develop more confident kids and calmer families.

This course is based on the most recent clinical research and is aimed at parents of children 4-12 years old who experience regular anxiety and are our big worriers. Parents will learn the skills to help their children overcome anxiety, regulate their emotions better and step forward with more confidence.

## Register



Contact us to register for this program (or seek future dates)

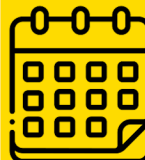
[admin@mudgeepsychology.com.au](mailto:admin@mudgeepsychology.com.au)

This course will be run by  
Clinical Psychologist, Alison  
Nipperess.

## The program will cover:

- What anxiety looks like in children
- The brain science of anxiety
- When anxiety takes over the family and what to do about it
- Helpful parenting responses to anxiety
- Building your child's anxiety busting tool kit
- Facing the fears: creating step-ladders for kicking anxiety
- Taking stock & future planning

**Dates:** The course will run 6pm-8pm, over 4 evenings:



Wed, 8 Feb, 2023  
Wed, 15 Feb, 2023  
Wed, 22 Feb, 2023  
Wed, 1 Mar, 2023

**Fee: \$460 per person**