

MHST Parent-led 'Helping Your Child with Fears and Worries' Workshop

Is your child fearful or anxious?

What and When is it?:

The Helping your Child with Fears and Worries workshop helps parents to understand children's anxious behaviour, rebuild parent/child relationships and develop strategies to manage childhood anxiety.

31/01/2024 11:30am-13:00pm

28/02/2024 16:00-17:30pm

Tears and sleepless nights at bedtime?

Who for?:

Parents who would like support to understand their child's anxious behaviours either at home or at school.

Does your child worry a lot?

What do we talk about?:

- Understanding worry, its causes and maintaining factors and how children experience worry in the body.
- What is my child thinking? What maintains worry? Worried behaviours and give it a go behaviours.
- Breaking fears and worries down into steps and creating a Step-by-Step Ladder to coping with fears and worries.

Is your child's anxious behaviour difficult to manage?

Use the below links to sign up to our online events:

<https://www.eventbrite.co.uk/e/parent-led-helping-your-child-with-fears-and-worries-tickets-788930611697?aff=oddtcreator> 31/01/2024 11:30am-13:00pm

<https://www.eventbrite.co.uk/e/parent-led-helping-your-child-with-fears-and-worries-tickets-788938344827?aff=oddtcreator> 28/02/2024 16:00-17:30pm

Does your child avoid situations?