

# 2-PART CHILD ANXIETY

# WORKSHOP

This 2-part workshop will explore anxiety and tips for supporting anxious children. The workshop is aimed at parents and carers of children aged 5 - 11.

The first part of the workshop explains how anxiety presents in children, and the different factors that lead to the development of anxiety in children.

In part two, we will encourage parents to think about strategies they can use to manage anxiety and build their child's confidence.

