

# 'Supporting Anxious Little Minds'

Parent Seminar

7pm Wednesday 11th October  
Oakleigh Primary



## Parents learn:

- The foundations that help to prevent anxiety
- Parenting strategies to develop resilience in children
- How to recognise the signs of anxiety
- Practical strategies to support anxious children

## Parent are supported to teach their child how to:

- Lessen anxiety
- Use practical strategies to cope with anxiety
- Simple self-regulation strategies
- Cope with life's ups and downs
- Support their child through anxious feelings
- Become more resilient & face fears



Presented by  
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