



Supporting Anxious Children

Does your child seem worried or stressed?

FREE INFORMATION SESSION

Bossley Park Public School in partnership with Families Together invites mothers, fathers, carers and grandparents with children up to the age of 12 to this information session presented by

Petra Will Herat
Social Psychologist, Parent Educator

Worrying is experienced in all children - it is a natural part of growing up. Most children learn to cope with worries and fear. In some children worrying can lead to anxiety and can affect their learning and development. In this session parents will learn ways to encourage their child's resilience, confidence and promote a positive attitude.

Petra will discuss

- Skills to guide and support your child's anxiety
- Skills to remain calm and supportive
- Raising self awareness of parents own emotional state
- Parents as role models

Thursday 14 June 2018

9.00 - 11.00am

Bossley Park Public School
Marconi Road, Bossley Park

Families Together is for mothers, fathers, grandparents and carers living in the Fairfield, Liverpool and the former Bankstown local government areas.

Please fill in the slip below and return to office staff at Bossley Park Public School or alternatively you can call 0407 708 626 to book your place.



I will be attending the Supporting your anxious child information session at Bossley Park Public School on Thursday 14 June 2018 from 9.00 to 11.00am.

Parent/Caregiver's name:

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*Contact
number:*

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