

How To Help Your Anxious Child

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DATE CHANGE



February 8th, 2010
Sutherland Secondary Library
7:00-8:30
No cost - No need to register

Helpful Websites:

www.anxietybc.com

www.adaa.org

www.mcf.gov.bc.ca/mental_health/friends.htm

www.mcf.gov.bc.ca/mental_health/links.htm

- There are parents of every generation, of every nation, and of every class and circumstance who worry over their children. As a parent, you can learn more about your worries and childhood anxiety, what is a normal developmental fear vs. anxiety disorders. Learn how you can support your child at home to face their fears.
- Also, come and learn more about supports available in your child's school and in the community, both private and public.
- This is a great opportunity to come and get your questions answered, learn some great techniques to add to your parenting toolkit and help to build your child's confidence.



Presentation Overview.....

- What is anxiety?
- Normal anxiety vs. anxiety disorders
- Types of anxiety problems
- Treatment
- Unhelpful strategies in parenting
- Helpful strategies in parenting
- Classroom based programs FRIENDS, Mind Up
- Community based programs Cool Kids, NSSAC
- Resources

Physical
Face
Social
Psychological
Perfectionism
ANXIETY
Headaches
Worry
Fears
Avoidance
Tummy
Concentration
Poor Irritability
CBT
Withdrawal
Behavioural