

How To Help Your Anxious Child

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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

February 3rd,
2010
Sutherland
Secondary
Library
7:00-8:30
No cost - No
need to register

- 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.



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 & services
- Resources

- 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.

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