

My child worries too much! Recognising and supporting children with anxiety in the early years (ages 3 to 11).

Have you wondered if your child has too much anxiety? Do they seem:

- Clingy
- Worried about little things
- Shy away from their friends
- Unable to try new activities
- Overly concerned about things that may happen or go wrong.

Perhaps many of those fears are dominating their thoughts and your family discussions.

Many families are caught in an anxiety dance, where it seems everyone is moving around to the tune of whatever the current worry is – and it can be exhausting, debilitating and concerning all at the same time.

If this sounds like your family dynamic, then you are not alone. In any given year as many as 1 in 10 children will have anxiety symptoms sufficient for an anxiety disorder diagnosis. In this presentation, the causes and contributors to childhood anxiety are discussed along with practical ideas and recommendations for interventions and more satisfying relationships with your anxious child.

Parents will learn how to reduce the anxiety dance and bring harmony back to their home and their children's world.

Who is this suitable for?

The webinar is suitable for all parents, carers, grandparents, extended family members and anyone who has a close relationship with children aged between 3 to 11 years. Everyone is welcome to participate in this webinar.

Your privacy is our priority. Your surname will not be used or registered for the webinar.

Event details

Date: Thursday, 30 September 2021.

Time: 7pm to 9pm AEST.

Price: \$60 per person, including GST.

Speaker: Heather Irvine-Rundle, clinical psychologist and director of The Read Clinic.

Location: Online webinar. Registered guests will receive an email with webinar details the week prior to the presentation.

Book tickets: <https://committedtochildcareconferences.com/recognising-and-supporting-children-with-anxiety-in-the-early-years-webinar-september-2021>