

Exploring Children's Anxiety:

Understanding and calming our anxious kids (prep-year 12)

with Maggie Dent



The landscape of childhood and childhood stress is changing, and anxiety is now much more prevalent for our children. In this seminar, one of Australia's favourite parenting authors Maggie Dent explores what anxiety is and what we as parents and educators can do to help reduce anxiety and fear in today's kids.

Maggie explores:

- ways to encourage our children to build healthy stress-response systems,
- the most common mistakes we make in dealing with anxious kids,
- and what helpful supportive steps we can take to help our children cope and be calmer.

As well as helping you better understand anxiety, Maggie shares many highly practical, helpful and simple strategies to support a calmer home or classroom and, ultimately, calmer, happier kids.

Presented by: Good Counsel Combined Schools

Venue: Good Counsel College

Date: Monday 26 August 2019

Time: 7pm- 9pm

Cost: Free - Sponsored by GCC and GCPS P & Fs

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Tea/ coffee provided

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Maggie Dent
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