



BUILDING CONFIDENCE & MANAGING ANXIETY IN YOUR CHILD



WHAT DOES ANXIETY LOOK LIKE IN CHILDREN?
WHAT FACTORS INFLUENCE THE DEVELOPMENT OF
ANXIETY?
WHAT CAN I DO TO HELP MY CHILD WITH THEIR
ANXIETY?

A FREE WORKSHOP FOR PARENTS OF ST.LUKE'S PUPILS.

THIS SESSION AIMS TO HELP YOU LEARN ABOUT
CHILDREN'S EXPERIENCES OF ANXIETY, THE DIFFERENT
FACTORS INFLUENCING ANXIETY, AND SOME HELPFUL
TIPS ON HOW TO MANAGE YOUR CHILD'S
FEARS AND WORRIES.

Tuesday 2nd March 13:30-15:00

Please contact school SENCO, Harriet
Pickering to register your interest!

