

Helping your Child Manage their Anxiety

Anxiety is a normal human reaction that warns us when we are about to do something dangerous. It has a physical as well as an emotional charge and ignoring



the impulse to run, avoid or stop doing something can lead to a rapid heart beat and feeling that it is hard to breathe. For some children, everyday things trigger their normal fear responses too easily, so they may find themselves avoiding more and more experiences or objects as a way to calm the

uncomfortable feelings. However this doesn't make the anxiety go away, it may make it trigger even more easily in future.

This new 4 - session course is to help parents help their child to manage their anxiety in a structured and supportive way. Each week we'll be sharing successes and concerns as well as exploring techniques to implement at home. The goal is for children to accept and manage the feelings rather than avoid them - which in time means they will get triggered less and less.

The course is intended to be both a learning space and a confidential support space for parents dealing with children with occasional or moderate anxiety. Please note that whilst the ideas and support on offer will be helpful to all parents living with an anxious child, more extreme anxiety may require more specialist help.

Dates: Tuesdays February 5th, 12th, 26th
and March 5th 2019

Time: 7.30pm - 9.30pm

Venue: Barnes Primary school, Cross
Street, Barnes, SW13 0QQ

Open to all parents

booking required

Places cost £65.00 each.

For more information and booking

[click here](#) or go to

<http://www.gillhines.co.uk>