



Supporting your Primary Aged Child with Anxiety (2-part webinar) **29th November 10.00-12.00** [register here](#)

This webinar brings covers general wellbeing followed by practical tips and strategies to manage anxiety. You are welcome to join all or part of the webinar.

- Part 1: General Wellbeing
 - Childhood brain development and the body-brain connection
 - Strategies for positive communication and connection
 - Practical ways to support wellbeing that best suit your child
 - Sleep routines
- Part 2: Managing Anxiety
 - Introduction to anxiety
 - Triggers, signs and symptoms
 - Cycle of anxiety (using Cognitive Behavioural Model)
 - Suggestions and strategies to manage anxiety
 - Signposting (request for support process)

Supporting your Child's Self Esteem and Confidence (Primary) **Wednesday 7th Dec 19.00-20.00** [register here](#) **Thursday 2nd March 19.00-20.00**

- Strategies for supporting resilience
- Learning to fail
- Creating opportunities for expression
- Pillars of self esteem
- Who is on my team
- Supporting parent's wellbeing

Supporting your Child through Year 10 & 11 **Tuesday 17th January 19.00-20.00** [register here](#)

- Identifying signs of stress and worry
- Strategies for supporting stress and worry
- Relaxation techniques
- Supporting revision
- Motivation
- Supporting decision making for life after Year 11

Supporting your Child with the Transition to Secondary School **Thursday 23rd March 19.00-20.00** [register here](#)

- Focusing on resilience
- The resilience framework
- Growth mindset
- Friendship worries
- Organisation
- Helping your child know their strengths