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Parent Workshop - Supporting an Anxious Child
Wednesday 24th November -9.00am-10.30am

10.11.2021

Dear Parents/ Carers,

Following response from parents at last month's coffee morning, I am pleased to be able to offer a parent workshop focusing on worry and anxiety, conducted by our Family Liaison Officer Keddie Bailey.

In this session, we will be looking at:

- How to recognise worry and anxiety in your child and when does it become a problem
- Physical symptoms of anxiety
- Behaviour reactions to anxiety
- How to soothe your child and coping strategies
- The Anxiety Gremlin model
- How we support children in school
- Resources and information

This will be a very informal workshop with plenty of opportunity for discussion, questions and to share ideas.

Please drop into the office to pre-register so we can ensure we have enough tea, coffee and biscuits.

I look forward to seeing you there.

Nikita Silvester-Grant

Headteacher

Springhill Primary Academy