



No Scaredy Cats Parent Course

Reducing anxiety and building resilience skills in 2 -12 year old's

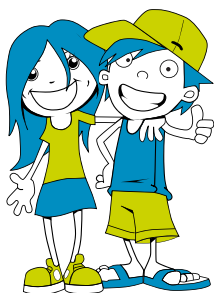
Saturday 13th, 20th & 27th June 2020, 2 - 3.30pm

LIVE AND INTERACTIVE WEBINAR.

\$160 for up to 2 people.

PARENTS WILL LEARN

- An overview of how a well-honed theory of parenting (what you need to repeatedly do) can assist parents to manage children's worries.
- Coverage of how some misguided policies are making parents and children more anxious.
- The brain, including how the pre-frontal middle cortex and the amygdala operate, and where fear and anxiety originates.
- Commonly misused phrases and cognitive distortions used by children and their peers.
- A helicopter view of what risks we can allow and which require us to keep children safe.
- 'Traps and trip wires': what to do when a child's amygdala starts to play-up.
- Memorable strengthening sayings, questioning strategies and mindfulness exercises.



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**For more information about this workshop call (08) 9285 8100 or
(Register Online) at www.behaviourtonics.com.au**