

Small changes,  
big differences.



## Triple P – Positive Parenting Program FEAR-LESS SEMINAR

*How to help children manage anxiety*

Everyone experiences anxiety occasionally. Anxiety is a normal response that can be helpful and typically passes quickly. However, anxiety can sometimes get overwhelming. Learning to manage anxiety effectively is a vital life skill.

**In this session, you'll learn:**

- ✓ Key anxiety-management skills that parents can teach their children
- ✓ An understanding of how anxiety works
- ✓ How to build resilience in your child and become an effective emotion coach
- ✓ Knowledge of how to help children develop coping skills and face feared situations
- ✓ How to manage children's anxious behaviour effectively
- ✓ An effective constructive problem-solving approach

**BALCATTASHS**  
**Performing Arts Theatre**  
**56 Amelia Street, Balcatta**

**Date: Friday 16 September**  
**2022 Time: 9.00 am to 11.30 am**

Questions? Please email [Brendan.Everett@education.wa.edu.au](mailto:Brendan.Everett@education.wa.edu.au)

Please register [here](https://www.triplep-parenting.net.au) to book your place.

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