

Working With Vulnerable Children

Managing Anxiety in Children for Educators



It is normal for children to feel worried or anxious from time to time, such as when they're starting kindergarten or school, moving to a new area or there has been a significant change in the family. However, for some children, anxiety affects their behaviour and thoughts every day, interfering with their education, home and social life. Many children have fears or worries of some kind, but for some children, severe anxiety and/or fearful behaviour is experienced and can impact on their happiness and wellbeing.

Learning objectives:

- Understand anxiety and shyness in preschool children
- Understand causes and risk factors for childhood anxiety
- Understand how a stressful event can contribute to the development of severe anxiety in young children
- Develop skills to support a child experiencing severe anxiety and children with ADHD
- Increase knowledge of support services available to families in the local community and how to navigate the system

WORKSHOP DETAILS

WHO IS IT FOR?

This workshop is available for kindergartens with eligible School Readiness Funding
Minimum of three participants

FORMAT

Online

DURATION

3 hours

COST

\$195 (+gst) per person

CONTACT

For more information or to apply for this workshop, contact Meli

☎ 03 5278 8122

✉ schoolreadiness@meli.org.au

Please note:

- Workshop content can be modified to meet the needs of particular kindergartens/educators
- Delivery of workshops outside of standard working hours may be an option - please contact us to discuss