



HELP YOUR CHILD DEVELOP A POSITIVE MINDSET

This information session aims to inform parents about the nature of anxiety and to give parents practical strategies to work with their children in reducing anxious thoughts and behaviour. This session is suitable for parents with children up to the age of 6 years.

The information session will also look at ideas for parenting in a way which encourages confidence, resilience and a positive outlook as well as recognising the difference between normal and problem anxiety.

Wednesday 10 April 2019 - 9.15am - 11.15am - Lansvale Public School, 37- 45 Chancery Street, Canley Vale

 [Help your child develop a positive mindsetl \(jb\) \(2\).pdf](#)