

# INFORMATION SESSIONS

FOR TEACHERS AND TEACHING ASSISTANTS PARENTS, CARERS, CHILDMINDERS

(All other interested parties very welcome.)

## UNDERSTANDING AND MANAGING STRESS AND ANXIETY

**\*\*\*\* Is your child struggling to settle into their new class? \*\*\*\***

**DOES YOUR CHILD HAVE MELTDOWNS? SEEM UNABLE TO PUT THEIR FEELINGS INTO WORDS?**

Have they had a divorce in the family? House or school move? If this has happened to a friend, they may fear it too.

**Causes of anxiety**

**Different types of anxiety**

**Likely behaviours seen and feelings driving this.**

**What helps? At home and at school...**

**How to communicate with an anxious child**

**Empathy/ P.L.A.C.E.**

**Bring your scenarios and find strategies that have worked for others**

Understanding anxiety is also fundamental to comprehending how to interact with children on the ASD spectrum.

**Some Golden Rules and Useful Websites**

Jon Maxwell-Batten, retired Educational Psychologist, also presenting ☺

*on Friday 27<sup>th</sup> September 2019*

**1:30 – 3pm repeated 3:30 - 5pm in the community room at Withycombe Raleigh C of E Primary School**

☺ NO CHARGE – REFRESHMENTS INCLUDED! ☺ PLEASE LET US KNOW IF YOU WOULD LIKE OTHER TOPICS ☺

To book a place or ask for further information, please call Clare Hollingsworth on 01395-263397 extension '2 for SENCO' and leave a message if no answer. Thank you.