

PARENTING YOUR ANXIOUS CHILD

Helping your Worrier find their Inner Warrior



An introductory webinar to support you to

- Understand anxiety and the impact it has on your child's way of being
- Respond to those anxieties in a child centered, playful way empowering your child to externalise and manage their fear
- Learn strategies to re-create a secure base from which your child can explore the world
- Explore how anxiety can lead to school refusal and develop a plan to support your anxious child to continue attending

Facilitator: Aideen Flynn, PG Dip Ed, MA, M-IAPTP

Aideen has worked with children in educational settings for 20 years, specialising in S.E.N. and children with complex needs. She is a child and adolescent psychotherapist working in private practice in **The Treasure Within, Child & Adolescent Psychotherapy Clinic, Quin, Co. Clare.** From here she empowers children, their families and teachers to work together to enable the struggling child be the best he or she can be.

