

Parenting Your Anxious Child Course Outline

*Anxiety, depression, negative self-talk and other mental health concerns are a reality for many children. Find support and advice with this course. These **7 sections** cover the main topics around Childhood Anxiety.*

Anxiety In Children

This section explains childhood anxiety, symptoms and the reasons children experience anxiety.



Negative Thoughts

Negative thoughts heighten anxiety and worsen symptoms. This section provides ways parents can help battle those thoughts.

General Anxiety

There are many reasons children feel anxious. This section will help parents identify and care for their children suffering General Anxiety.

Brain Breaks

This section explains how Brain Breaks work and how parents can use them successfully at home to relieve anxiety and create a calm home.



***School Anxiety** shows up in many ways. This section explains how to recognize School related anxiety and ways to help your child feel safe and succeed.*

Anxiety At School

Where To Get Help

Parents are wise to look for help from professionals. This section outlines a variety of avenues for finding the right type of help for your family.



Case Studies

We introduce 5 virtual students to you and explain their anxiety struggles. These case studies allow you to identify your child's symptoms in a realistic setting.

