



Calm and Confident Kids

Up to 30% of primary aged children experience high rates of stress, anxiety and worry during their childhood. This seminar is designed to help parents/caregivers of primary aged children know how to support their children with a tendency towards worry or anxiety - or who are dealing with difficult life situations. Research tells us that what parents do can really help children feel calmer and less anxious over time. Topics include:

- What causes of anxiety and stress in children
- What to say and not say when children are worried, stressed or anxious
- What parenting behaviours help anxious children - and which accidentally make them worse
- How to help children take steps to act more confidently
- How to “de-escalate” situations when children are extremely anxious or experiencing panic
- How to help children talk more confidently to themselves rather than rely on parent reassurance



A bit about Kirrilie - Kirrilie has worked as a clinical child and adolescent psychologist for the last 25 years in private, government and community settings. Kirrilie is now the director of Developing Minds, a group of 23 child and adolescent psychologists, has provided therapy to approximately 5000 children, teens and families and supervised over 60 child and adolescent psychologists. She is also a lecturer and course co-ordinator at the University of SA, authored 3 books about young people and provides consultation to national media, education and health organisations.