

BUILDING CONFIDENCE AND MANAGING ANXIETY IN YOUR CHILD DURING COVID-19

A two-part workshop for parents Duncombe Primary School

In these workshops we will:

- Give you information about how anxiety presents itself and is maintained in children
- Discuss the type of worries children and parents may have
- Help you think about things you can do to manage anxiety and build your child's confidence
- Think about how to understand and manage the current context
- Share information but also provide time for questions and answers

When will the workshops be?

It will be delivered in two parts, please make sure you are available for both dates:

Part 1: Wednesday 3rd February

Part 2: Wednesday 10th February

4-5pm



How do I access them?

The workshops will be delivered online via **zoom**. You do not need to have your camera on or speak if you do not want to.

Meeting ID: 893 4824 6039

Passcode: czS6Xp

<https://us02web.zoom.us/j/89348246039?pwd=NnV4ZkxoVS96ZWl1VFY5NVAwY1hBZz09>

The school will also text out this link, but if you would like the link emailed to you, please email islccg.sws@nhs.net mentioning the 'Duncombe parent workshop'.

Please contact us on this email if you have any questions. We look forward to hearing from you!

School Wellbeing Service