



Professional Development
Package One

Managing Anxiety in Children for Educators

It is normal for children to feel worried or anxious from time to time, such as when they're starting kindergarten or school, moving to a new area or there has been a significant change in the family. However, for some children, anxiety affects their behaviour and thoughts every day, interfering with their education, home and social life. Many children have fears or worries of some kind, but for some children, severe anxiety and/or fearful behaviour is experienced and can impact on their happiness, wellbeing and daily function.

This professional development package provides a theoretical outline to assist in distinguishing normal anxiety from severe anxiety and/or fearful behaviour that may impact on a child's development. This workshop will support you to work with children who are displaying stress-related behaviours or more severe presentations of anxiety and fearful behaviours.

Learning objectives:

- Understand anxiety and shyness in preschool children
- Understand causes and risk factors for childhood anxiety
- Understand how a stressful event can contribute to the development of severe anxiety in young children
- Develop skills to support a child experiencing severe anxiety and children with ADHD
- Increase knowledge of support services available to families in the local community and how to navigate the system

How to access this program

This program is available for kindergartens with eligible School Readiness Funding.

This program can be delivered online or in person at the kindergarten, Bethany offices in Geelong/Warrnambool or other community settings.

Cost

\$195 per person plus GST

- * Minimum number for individual service sessions is six participants, Public sessions will be arranged for those with less than six participants per module.
- * This workshop is three hours long.
- * Workshop content can be modified to meet the needs of particular kindergartens/educators.

Additional information

- * Additional travel and accommodation costs if more than 40 kilometer radius of Geelong or Warrnambool.
- * Delivery of workshops outside of standard working hours may be an option – please contact to discuss.

For more information or apply for this program contact:

Bethany Community Support **Ph: 03 5278 8122**

Email us on schoolreadiness@bethany.org.au