

# Childhood Anxieties

with Dr Vicki Curry



8th March 09.30 - 11.00  
& available for 1 week

Each Huddl Parent Talk offers a 1 hour presentation, live Q&A, PDF booklet of resources and is available for 1 week.  
#jointhehuddl to learn.

Everyone gets anxious sometimes. We know that children tend to worry about different things at different ages, and their anxiety is influenced by things that have happened in the past and what is currently going on in the world around them.

Children show they are anxious in different ways, and it can be hard for parents to work out whether their child's behaviour is something for them to worry about, or whether it is fairly typical given their age and circumstances. It can also be difficult sometimes to know what to do to support them.

This talk will help parents to recognise signs of anxiety in their child and consider whether this is something they might need to be concerned about. It will explain what the research tells us about the kinds of things that tend to contribute to the development of anxiety in children; and provide parents with an overview of some evidence-based strategies for building confidence and managing anxious feelings, thoughts and behaviour in their child.

Book your £5 ticket [HERE](#) and enjoy from the comfort of your own home, all content is available for 1 week.

