**INFORMATION SESSIONS**

FOR TEACHERS AND TEACHING ASSISTANTS PARENTS, CARERS, CHILDMINDERS

IN THE EXMOUTH ACADEMIC LEARNING COMMUNITY (All other interested parties all very welcome.)

**UNDERSTANDING AND MANAGING STRESS AND ANXIETY**

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| \*\*\*\* Is your child struggling to settle into their new class? \*\*\*\* |
| **DOES YOUR CHILD HAVE MELTDOWNS? SEEM UNABLE TO PUT THEIR FEELINGS INTO WORDS?** |
| Have they had a divorce in the family? House or school move? If this has happened to a friend, they may fear it too. |
| **Causes of anxiety Different types of anxiety** |
| **Likely behaviours seen and feelings driving this.** |
| **What helps? At home and at school…** |
| **How to communicate with an anxious child** |
| **Empathy/ P.L.A.C.E.** |
| **Bring your scenarios and find strategies that have worked for others** |
| Understanding anxiety is also fundamental to comprehending how to interact with children on the ASD spectrum. |
| **Some Golden Rules and Useful Websites** |
| Jon Maxwell-Batten, Educational Psychologist also presenting **☺** |

**on Friday 15th September 2017**

**1:30 – 3pm** repeated **3:30 - 5pm** in the community room at **Withycombe Raleigh C of E Primary School**

☺ NO CHARGE – REFRESHMENTS INCLUDED! ☺ PLEASE LET US KNOW IF YOU WOULD LIKE OTHER TOPICS ☺

To book a place or ask for further information, please call Clare Hollingsworth on 01395-263397 extension SENCO and leave a message if no answer. Thank you.