



## No Scaredy Cats™ for Child & Family Specialists

HELP TO REDUCE ANXIETY AND BUILD RESILIENCE IN CHILDREN AGED 2 -12

ONE-DAY PROFESSIONAL DEVELOPMENT FOR COMMUNITY, HEALTH & EDUCATION  
PROFESSIONALS WORKING WITH CHILDREN AND THEIR FAMILIES

### LESSON FRAMEWORK

- Coverage of three key foundational concepts which relate to the treatment of childhood anxiety.
- The brain, including how the pre-frontal medial cortex and the amygdala operate, and where fear and anxiety originates.
- Commonly misused phrases and cognitive distortions used by children and their peers.
- A helicopter view of what risks we can allow and which require us to keep children safe.
- 'Traps and trip wires': what to do when a child's amygdala starts to play-up.
- Memorable strengthening sayings, questioning strategies and mindfulness exercises.
- Scenarios and worksheets.



### FOR MORE INFORMATION...

[www.parentshop.com.au/noscaredy-cats-reduce-anxiety/](http://www.parentshop.com.au/noscaredy-cats-reduce-anxiety/)

### EXPECTED LEARNING OUTCOMES

- Greater understanding of the problem of increasing levels of anxiety in children and some strategies for its treatment.

### WHAT'S INCLUDED

- A certificate of completion.
- Workbook for use at the training course.
- PD points for accreditation with your respective professional associations.
- An opportunity to become a certified No Scaredy Cats™ parent educator.

### CERTIFICATION

To become a certified parent educator, you'll be provided with additional resources needed in order to present to parents. This ensures that our product is only being taught at the highest quality.

There are several benefits in becoming certified: Certification is renewed each year. Certification is included in the first year, thereafter there will be a \$49 membership fee charged annually to remain a certified parent educator.

### WHAT PROFESSIONALS ARE SAYING...

- An insightful and well-presented course, that will be of great help in supporting families with anxious children. An increasing problem in society. **LIZ SMITH, MOUNTAINS OUTREACH COMMUNITY SERVICE NSW**
- Empowering, with skills for all people to implement, no matter what their relationship to the child is – carer, teacher, parent, grandparent, mentor. We are all in it and have the power to help. **CLIO DOUGHTY, SOUTH EASTERN COMMUNITY CONNECT NSW**
- A well-structured course that builds on previous training and links it specifically to how parents can reduce anxiety in children, or support children experiencing anxiety. **MICHAEL MOORE, COUNSELLOR AND GROUP LEADER - RELATIONSHIP AUSTRALIA**

Contact our experienced team at Parentshop® to discuss your in-house training requirements.