

# Cool Little Kids

for children aged around 3-6 years old

## Orientation Session

Learn evidence-based strategies to help your child overcome anxiety



Cool Little Kids is a series of modules developed by a team of psychologists from Macquarie University which helps families to parent their anxious child.

Come along to the Orientation Session to find out more about the full course.

Learn about:

- Understanding the links between shyness and anxiety in preschool children;
- Principles of managing anxious children;
- Practical skills on what to do when your child is worried or scared and how to encourage their bravery;

Dates of course to be confirmed based on families availability.

Register  
your  
interest  
[plumtree.org.au](http://plumtree.org.au)

Funded by: Sydney District Small Grants Scheme Spring 2018, supported by Families NSW through the Resourcing Parents Project

## Details

### COST

Free

### TIME

Wednesday 10th April; 6.30pm to 7.30pm

Dates of course to be confirmed based on families availability.

It is recommended that families be available to attend all 5 group sessions.

### LOCATION

Plumtree

Yabsley Avenue, Jarvie Park- Marrickville NSW 2204

### GET STARTED

Places fill up well in advance. Register your interest by visiting our website

[plumtree.org.au](http://plumtree.org.au) (calendar) or our Facebook page/Events for updates

Child-Minding not available. Please do not bring your child/children.

### TIPS

The group is run by Margaret Aiken, Early Childhood Intervention Teacher



At Plumtree, we believe that every child with a disability or developmental delay has a right to participate in family and community life. Our purpose is to empower families to make this happen.

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