

Cool Little Kids Parenting Program

Early Intervention for Anxious 3-6 Year Olds

Is Shyness Normal in Preschoolers?

Some shyness can be a normal part of development. However, research has revealed that excessive shyness in preschool aged children can lead to the development of more serious problems in later life, such as the development of anxiety disorders. Having a parent who is anxious also increases a child's likelihood of developing anxiety.

What Is the Cool Little Kids Program?

The Cool Little Kids Program is a group treatment program for parents of children aged 3-6 years who exhibit excessive shyness or anxiety and who live in the Sutherland Shire. It equips parents with both knowledge and practical skills and tips on how to help their child manage and overcome anxiety. The program uses Cognitive Behaviour Therapy (CBT) techniques to give parents effective tools and strategies to assist their child.

What Topics Does the Program Cover?

- Understanding anxiety and shyness in preschool children
- Causes and risk factors for child anxiety
- Helpful and unhelpful ways of responding to anxiety in children
- Skills and strategies to help your child build brave behaviours and face fears
- Dealing with setbacks and difficulties
- How to maintain progress after the program ends

Who Should Attend?

Wherever possible and applicable, we recommend that all parents involved in the day-to-day care of the child attend the group. If this is not possible, we would suggest that the same parent attends each session (rather than alternating parents). This allows a parent to build on knowledge learned in previous sessions and we would encourage the attending parent to include the non-attending parent in the program by updating them on session content learned and involve them in tasks being practiced each week at home. **Children do not attend groups and childcare is not available on site, so childcare arrangements should be made for the 4 sessions.**

Dates: Fridays March 15, 22, 29, April 5 (4 sessions)

Time: 10.00am – 12.00pm

Venue: Caringbah Community Health Centre
In the rear grounds of The Sutherland Hospital
The Kingsway, Caringbah

Facilitators: Danika Carter

Cost: \$20 for manual

Enquiries: Contact Intake on 9522 1000. A telephone interview will be organised with the facilitators to determine your suitability for the program.



SOUTH EASTERN SYDNEY
ILLAWARRA
NSW HEALTH