



New Parenting Ideas online course for parents and teachers

Don't let anxiety be the monster under the bed

Today, more and more children are affected by anxiety to the point of it impacting on their happiness and quality of life. Although anxiety can be a major problem, it doesn't have to be a lifelong struggle.

Parenting Anxious Kids is the new online course from Parenting Ideas, created to help the parents and teachers of children with anxiety. Designed by author and award-winning parenting speaker Michael Grose and wellbeing expert Dr Jodi Richardson, the course provides parents and teachers with a detailed understanding of what anxiety is and ongoing ways to respond and adapt.

Parenting Anxious Kids is conducted over six online sessions ranging from 30 to 40 minutes. It features

interviews and information from world-leading experts in child anxiety and mental health, as well as practical exercises that parents can run through with their kids. From mindfulness to breathing techniques, there are exercises designed for when kids are experiencing a moment of anxiety and to foster long-term change.

Parenting Anxious Kids is designed to be completed at any pace and can be revisited as often as needed. The end goal of the course is to reassure parents and teachers that they can respond to anxiety in a safe and meaningful way.

The cost of the course is \$197 including GST, with the option to pay 4 x instalments of \$49.25 inc GST.



Visit parentingideas.com.au and sign up for our online course today.

