

CHILDHOOD ANXIETY



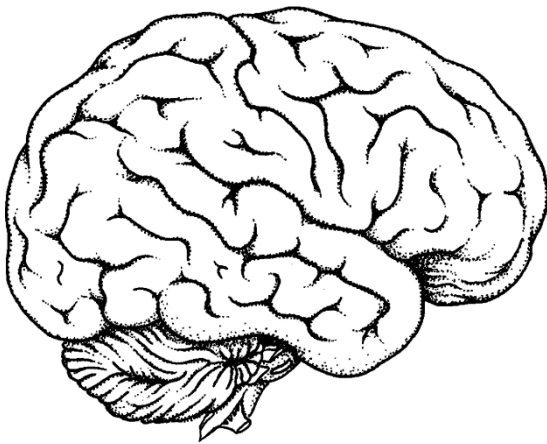
There's a lot of 'new' in childhood:

- Sensory experiences
- Language learning
- Physical learning
- Relationship building
- Social skill development

The ability to cope is influenced by:

- Temperament
- Sensory processing
- Parental style and response
- Experiences

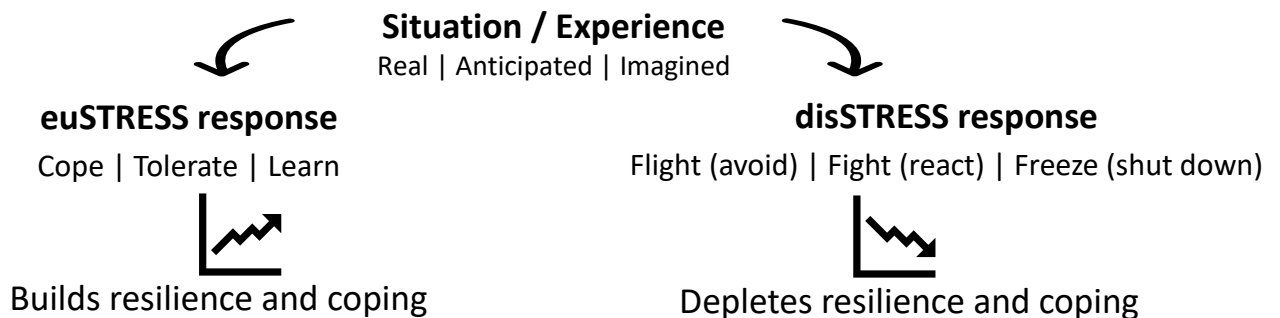
There's a lot of brain circuitry involved:



Childhood is all about learning how to regulate the brain's primitive survival system – the Limbic System through the development of the prefrontal cortex. This little bit of the brain has a BIG role and helps a child with:

- Emotional regulation
- Impulse control
- Logical and rational thinking
- Problem solving
- Consequential thinking

Responding to environmental stress:



'ME' skills to tame the worry-monster:

Mindset - Supa Thinking that is...

- Positive and helpful
- Strict and no-nonsense
- Gritty and stubborn



Emotional self-regulation

- Be a good role model
- Teach awareness of big feelings
- Practise a calming down technique

We offer families and schools workshops, curriculum resources and self-help books on wellbeing. Please visit our website www.bestprograms4kids.com for a look around or contact us by email info@bestprograms4kids.com to find out how we can BEST work with you.

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