

# Parent workshops – supporting your child with anxiety

## Who are the workshops for?

These two workshops are for anyone who has a child who is prone to anxiety, worries or fears.

This could be that your child frequently seeks lots of reassurance, seems to be painfully shy, finds it distressing to separate from parents/caregivers, has trouble sleeping, has significant fears, has repeated routines that reduce their anxiety, or any other behaviours that are driven by anxiety or worry.

***Your child does not need to have any kind of diagnosis for you to attend or benefit from the workshops.***

***Your child does not need to have severe anxiety for you to attend or benefit from the workshops; early intervention is ideal.***



Katrina Batey  
Parent Coach for children's  
emotional health

## What will we cover?

### Session 1.

***This session will look at what anxiety is, what it looks like, types of anxiety, and important principles for parents to understand about anxiety in children.***

### Session 2.

***This session will look at strategies for supporting your child with anxiety, both generally and at the time when they feel anxious.***

***The second session follows on from the first, and it is recommended that you attend both if possible.***

## Skills & Experience

- Parent of a child with selective mutism, an anxiety disorder
- Masters degree in the Psychology and Neuroscience of Mental Health
- Accredited parent consultant of the Goulding method
- Supportive Parenting of Anxious Childhood Emotions Program
- Certified coach, specialising in Mental Health and Wellbeing Coaching
- Primary School Teacher and Deputy Head Teacher for nearly twenty years
- Mental Health First Aid trained

## Get in touch

If you would like to tell me information about your child before the workshops, feel free to send an email. Follow me on Instagram for tips and strategies to help you to support your child with anxiety

✉ [katrina@takethewheelwellbeing.com](mailto:katrina@takethewheelwellbeing.com)

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