



Birches Primary School

Parent Information Evening

'Understanding Early Childhood Worry and Anxiety'

Dear Parents,

We are offering you the opportunity to take part in a parent training programme designed to provide parents with information about typical childhood worries and basic strategies to promote their child's emotional wellbeing and confidence and reduce worries and anxieties.

This training programme is being taken by RISE (Regional Integrated Support for Education) on Monday 28th January at 7pm to 9pm at St. Mary's Primary School, Maghery.

The programme provides an overview of the following areas:

- Normal Worry and Anxiety
- Typical childhood fears
- Anxiety Disorders in childhood
- How to build confidence and resilience in children
- Strategies to manage worry and anxiety.

This course is being offered along with St. Mary's Primary School, Maghery and is open to all parents who want to develop their understanding of early childhood worry and anxiety.

If you hope to attend, please complete the form below.



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Parent Information Evening

'Understanding Early Childhood Worry and Anxiety'

REPLY FORM

VENUE: St. Mary's Primary School, Maghery

TIME: 7pm – 9pm

DATE: Monday 28 January, 2019

I/We hope to attend the parent training programme on 'Understanding Early Childhood Worry and Anxiety'.

Name (print) _____

Signed _____

Number hoping to attend _____

