



LEITRIM COUNTY CHILDCARE COMMITTEE Ltd
Coiste Cúram Leanaí Chontae Liatroma Teo
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Childhood Worries and Anxieties: Parents Workshop

All children worry at times, but for some children it can be a real challenge to manage their anxieties. As parents, when your child is anxious it can be difficult to know how best to support them.

However, parents play an important role in helping their child to both understand and to manage anxiety. You don't want to belittle the child's feelings, but you also don't want to amplify them. In this talk Dr Mary O'Kane explains anxiety in children, and offers parents practical advice on how to support their children during difficult times, helping them to manage their fears and gain confidence

If you are a parent of a child/children 0 to 12yrs this workshop is for you!

Date: Thursday 25th October 2018

Venue: Bush Hotel, Carrick on Shannon

Time: 7 to 9pm

Cost: FREE

Booking is essential: to book your place, please contact Leitrim County Childcare on Tel: 071 9640870 or email:

info@leitrimchildcare.ie by **Friday 19th October**

