

Two workshops for parents to help you transform your family in 2019



Supporting your anxious child

Anxiety can appear at almost any age and may show itself as an inability to sleep, tummy aches on the way to school or a social gathering or just simply an unwillingness to participate in activities with others without a parent there. Some anxious children are fine with others but frightened at night or when they are alone - with nightmares and poor sleep patterns or a constant desire for company.

Whatever the anxieties your child might have here is a workshop to explore some of the causes and ways of supporting anxious children of any age to feel more in control and overcome their worries before they become too entrenched and hard to shift.

Booking is required

Date: Wednesday 30th January 2019

Time: 7.00pm - 9.00pm

Venue: The Queens Primary Sch.
Cumberland Rd, Richmond TW9 3HJ

For more information or booking [click here](#)
Or go to <http://www.gillhines.co.uk/>



Managing behaviour – under 8s

How we manage a child's behaviour depends a lot on age and their neurological development. What may work for a 9 year-old may leave a 6 year-old feeling bad about themselves or feeling shame. Today many people use logic and reasoning with children too young to understand it, so children feel they are 'stupid' and wrong but don't know what to do about it – which could contribute to anger or anxiety issues later. This workshop is all about the under 8s and what research (and 40 years experience) tells us works for them. It covers all the basic principles and techniques for helping children to:

- want to behave well
- take responsibility for their own behaviour
- learn from their mistakes

Booking is required

Date: Tuesday 22nd January

Time: 7.30pm - 9.30pm

Venue: Whitton Community Centre, Percy Rd. Twickenham TW2 6JL

For more information or booking [click here](#)
Or go to <http://www.gillhines.co.uk/>