

## School District 43 Virtual Presentation

### “Helping Children Chase Away Worry: Understanding and Managing Anxiety in Children

**Monday October 5<sup>th</sup>, 2020 at 4pm – 5pm via Zoom  
(Please register by Oct 1<sup>st</sup>, 2020)**

This talk is aimed at assisting parents and caregivers in gaining a better understanding of how anxiety/ worry manifests in children. Anxiety manifests in different ways in different children. It can affect general behavior, academic performance, social interaction, sleep patterns, internal dialogue, emotional reactions and self-esteem.

Anxiety is not always all “bad”, a certain level of worry is healthy and at times necessary to move onto the next developmental milestone and learn new things...to step out of one’s comfort zone and push limits. However, there is a fine line between healthy levels of anxiety and anxiety that stands in the way of development and progress.

As parents and caregivers, it is essential to know how to assist our children in managing and digesting their anxiety in bite size pieces. We can empower children in realizing their internal resources and assets in fighting and winning against anxiety. It is, however, essential to realize that combatting anxiety in children is a holistic process and the active participation of significant people in the child’s life is essential in a sustainable approach and continued success.

Presenters:

**Semiramis du Sautoy**, SD 43  
School Psychologist

**Janet Kidd**, SD 43 School  
Psychologist

Moderators:

**Rachel French**, SD 43 Coordinator  
of Positive Mental Health

**Catherine Aoyama**, SD 43 Inclusion  
Support Teacher and Counsellor

#### Registration Details

Limit of 275 registrations so register early  
Please note a Zoom link will be sent to the email  
address provided on Oct 2<sup>nd</sup>

