



FRANCIS HOLLAND SCHOOL
SLOANE SQUARE

ELAINE HALLIGAN'S NAVIGATING ANXIETY WEBINAR
WEDNESDAY 27TH SEPTEMBER 7-8PM

Wednesday 20th September 2023

Dear Parents and Guardians,

We are delighted to invite Years 7 & 8 parents to a webinar with Elaine Halligan, director of The Parent Practice. This Webinar will take place on Wednesday 27th September between 7-8pm.

Children can be fearful of many things, some of them imaginary and many of them irrational. It can be hard for an adult to understand their fears.

Anxiety can be beneficial as it protects us from danger, pushes us to take action and to perform at a higher level. Our nerves keep us alert and ready to respond, but we also need to recognise when we are not at risk.

Many worries are a routine part of growing up, but some are frequent and persistent and get in the way of normal life. Parents need to know when a worry is too big and how to help their child.

This talk will cover:

- what makes children anxious
- what are the signs of anxiety
- what parents can do to help children deal with their worries
- How to prevent anxiety
- How to respond to anxiety

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZUqdu6hrz4sHNYkkvKuVp8bHhK1mI8fApK0>

We look forward to seeing you there.

With best wishes,

Sarah Pittaway
Acting Senior Deputy Head Pastoral

Interim Head (Autumn Term 2023): Mr R Cawley MA BA PGCE FRSA

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