

The Anxious Child

Monday 17th October



In days gone by we called them 'shy' children or sometimes just quiet but today we realise that behind their shyness is often a fear or worry about how to behave, what others will think of them and what might happen next. Social



anxiety can appear at almost any age and may show itself as a desire to be always with a parent, 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.

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 helping anxious children, of any age, to be more confident and to overcome their worries before they become too entrenched and hard to shift.

Monday 17th October, Kingston

7.30pm – 9.30 pm

For further details or to book please [click here](#) or go to www.gillhines.co.uk