

# How To Support An Overwhelmed And Worried Child



**When:** Thursday 1st February 2024 at 1pm

**Duration:** Approximately 60 minutes

Feeling worried and overwhelmed is normal. We all experience this on regular basis. Children are no different and some of them more than others. Children who are worried and overwhelmed can appear clingy, find it hard to leave parents, settle independently at night or find it hard to cooperate and manage their emotions. Some children's worries come out as anger leaving parents confused about what to do. Do we shield children from situations they find upsetting and triggering, or do we push and throw them into the "deep end" hoping for the best? Are there other ways? And how do we know what is appropriate for our children?

To help you answer these questions, our next session will be focusing on:

- How to spot the signs of worrying and feeling overwhelmed.
- How to help your child when they feel overwhelmed and worried "in the moment".
- How to encourage your children to learn the skills so that they can eventually help themselves when facing worry and overwhelm.

## How do you sign up for the online session?

To register for this online session, please follow this link

[www.move-more.org/events/webinar-overwhelmed-and-worried-child/](http://www.move-more.org/events/webinar-overwhelmed-and-worried-child/)

It will take you to our website where you will be asked to answer a few simple questions. We would encourage you to register even though you might not be able to attend the session live, as all registered participants will receive a recording of the session to watch in their own time.

## I've registered: what happens next?

Once you complete our short registration form, you will be registered for the online session. You will receive a confirmation email that will also include a zoom link for the live session. If you don't receive the confirmation email, please don't hesitate to contact Marijana on [marijana@move-more.org](mailto:marijana@move-more.org)

# **BOOK THE WEBINAR NOW**

