

FEARLESS

Triple P

HELPING CHILDREN TO MANAGE ANXIETY



Promoting emotional resilience

- Recognize, understand and accept feeling.
- Express feelings appropriately
- Develop an optimistic outlook
- Develop effective ways of coping



Understanding Anxiety

- Describe what anxiety is and how it works
- Identify the three systems involved in anxiety
- Understand how anxiety develops and continues



Responding to children's anxiety effectively



<https://forms.gle/JTTzvHnfEikA9PLbAt>



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.

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