

# No Scaredy Cats

6 SKILLS IN 12 YEAR OLD CHILDREN

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## PARENTS WILL LEARN

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- „ An overview of how a well-honed theory of parenting (what you need to repeatedly do) can assist parents to manage children’s worries.
- „ Coverage of how some misguided policies are making parents and children more anxious.
- „ The brain, including how the pre-frontal middle cortex and the amygdala operate, and where fear and anxiety originates.
- „ Commonly misused phrases and cognitive distortions used by children and their peers.
- „ A helicopter view of what risks we can allow and which require us to keep children safe.
- „ ‘Traps and trip wires’: what to do when a child’s amygdala starts to play-up.
- „ Memorable strengthening sayings, questioning strategies and mindfulness exercises.

## PARENTS REC 6 ;VE

- „ A workbook to apply the concepts learnt to their families
- „ A certificate of completion

## WHO IS RUNNING THE COURSE

The course facilitator is:

who completed No Scaredy Cats practitioner training on

## REGISTER TODAY

Parentshop has helped over 110,000 people. Our trainers are qualified professionals who are experienced in working with children, youth and families.

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