



**SLEEP AND ANXIETY FOR PARENT/CARERS OF PRIMARY AGED CHILDREN
WORKSHOP**

Delivered by Parenting Special Children

Topics covered:

- Common Sleep Problems
- What is anxiety
- Types of anxiety
- How to manage your child's anxiety
- Mindfulness exercise
- Breathing exercise
- Reading suggestions and resources
- Opportunity to ask questions

18th March, 9.30 am – 11 am

At Whitley Park