

## Course Outline and Details

<b>Course Code</b>	CL52303G	<b>Title:</b>	Aiding Your Anxious Child
<b>Time and duration</b>		<b>Location</b>	
Start Date:	07 November 2023	TACC within OCH	
Start Time: 18:30	End Time: 20:30	Orsett Road	
Start Day:	Tuesday		
No. of Lessons:	1	Grays	
No. of Weeks:	1	Essex	
Total No. of Hours:	2.00	RM17 5DD	E: info@tacc.ac.uk

## Description

Has your child been struggling with anxiety as a result of the pandemic? Have you noticed signs of stress as a result of continued uncertainty or constant change? This supportive session will introduce you to the effects of anxiety and some effective coping strategies that can build confidence and promote positive self-esteem. This Course is for Adults only.

## Entry Requirements

For parents/carers with an interest in supporting children suffering with mild to moderate anxiety. parent/carer E3 or above

## Learning Objectives

To give parents information, tips and guidance on how to help their children with anxiety.

- \* Parents/carers will have the opportunity to assess how anxiety is affecting their child.
- \* Parents/carers will be able to understand at least 3 causes of anxiety in children.
- \* Parents/carers will understand the basic physical reactions of anxiety.
- \* Parents/carers will be able identify at least 3 positive strategies that can be effective in coping with anxiety.
- \* Parents/carers will be informed about websites and support agencies for families needing support.
- \* Parents/carers will be informed of further relevant courses/workshops/opportunities for progression.

By the end of the workshop you will have had an opportunity to discuss important skills to support your child and their development in a range of areas and have had positive time with your child to develop bonds and encourage learning.

## Resources/Equipment

We advise you not to purchase anything before your lesson as we are unable to refund the cost of these in the event a course is cancelled.

You may wish to bring the following:

- \* Pen
- \* Note paper

## **Progression**

Family Learning activities at the Family Hub and TACC. Other courses also available

## **Health/Medical Conditions**

Please advise your tutor of any medical or health issues that may impact on your learning or your safety whilst attending the college.

If you require any additional support or have any special requirements that you have not already told us about please inform us as soon as possible by emailing:  
[Tacc.LearningSupport@thurrock.gov.uk](mailto:Tacc.LearningSupport@thurrock.gov.uk). A member of our Learning Support team will contact you to talk about these confidentially.