
Supporting our young people to manage feelings of anxiety.

Chipping Sodbury School Webinar

28th September 6:00 pm – 7:00pm



Before the coronavirus pandemic we know the number of young people with anxiety was already on the rise, and the last few years have made the problem far worse. The lack of certainty, constant changes in planning and the frightening messages in the media have been extremely difficult. Our children often look to their parents and carers for reassurance it's been difficult for all of us and, as adults, we can often struggle ourselves. This session considers how the pandemic has impacted on our children and provides ideas and practical tips for parents and carers to help them to manage their anxiety and build their resilience during uncertain times.

In this session parents will;

- ✓ Look at the warning signs of high anxiety
- ✓ Consider a pro-active approach to building resilience
- ✓ Learn practical strategies to support children to manage their own anxiety

Chris Calland is a behaviour consultant who has over 25 years' experience of working with children, schools and families. Originally a teacher, she then spent many years working for Bristol Local Authority as a specialist advisor on children's behaviour and mental health before creating her independent consultancy, 'Not Just Behaviour' in 2007.

Chris works in schools, universities and businesses, and trains nationally on all aspects of behaviour management and children's mental health. She also supports families, provides individual consultations and runs parenting groups and seminars. She is an author and published her 3rd book, 'Tackling Anxiety in Schools' last year. As a passionate campaigner, she appears frequently in the media discussing children's behaviour, parenting matters and mental health and wellbeing. In 2012, she received a parliamentary award in recognition of her work

Chris is a parent herself and lives in Bristol

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