



COOL LITTLE KIDS – Anxiety Program

The Cool Little Kids program has been developed to help parents who have a highly anxious preschool-aged child (3-6). The program is brief **(6 sessions)** and can be thought of as “prevention” more than clinical treatment. It teaches parents practical ways of building confidence and reducing fearfulness in their child.

Also suitable for pre-school aged children who are a little more anxious, shy or inhibited, than most other children his/her age. The Cool Little Kids Program will help you to learn a number of skills and exercises to reduce excessive anxiety and increase confidence in your child.