



Parent Ed

January 12th , at 7pm

Meeting id: 879 1968 4323

Password: 509376

PARENTING ANXIOUS KIDS



Tools and strategies for empowering kids with anxiety

Empowering Anxious Kids: Tools and strategies for parenting kids with anxiety

Anxiety is a huge issue in our society, yet parents often feel ill-equipped to walk through it with their children. How can you tell whether your child is struggling with anxiety or just having a bad day? If you do identify anxiety in your child, how should you respond and what should you do? Most importantly, how can you help your child to feel better?



Kira Dorrian and Deana Thayer co-founded Future Focused Parenting, the groundbreaking parenting philosophy that starts with the end in mind, encouraging families to make intentional parenting choices. Together they co-host the Raising Adults Podcast. As speakers and authors, Kira and Deana are passionate about preparing families to thrive rather than just survive on their parenting journey.