

DID YOU KNOW?

AN ANXIETY DISORDER EFFECTS
ONE IN TEN CHILDREN



ANXIETY IMPACTS ON A CHILD'S
SOCIAL, FAMILY AND SCHOOL LIFE

CHILDREN WITH ANXIETY ARE
GENERALLY NOT DISRUPTIVE
AT SCHOOL OR AT HOME

ANXIETY DISORDERS CAN
BE RESOLVED WITH TIMELY
INFORMATION, TREATMENT
AND SUPPORT

EARLY INTERVENTION MAY
ASSIST IN PREVENTING THE
ONSET OF MORE SERIOUS
PROBLEMS AND ALLOW
CHILDREN TO FINISH SCHOOL

Make a Booking

Contact the Small Steps Educator
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UNDERSTANDINGANXIETY.ORG.AU

Small Steps is a free WayAhead program.



WayAhead is an ACNC registered Australian Charity
and is endorsed by the Quality Improvement Council.



WAYAHEAD WEBSITES

WAYAHEAD.ORG.AU

UNDERSTANDINGANXIETY.ORG.AU

WAYAHEADDIRECTORY.ORG.AU

MENTALHEALTHMONTH.ORG.AU

WAYAHEADWORKPLACES.ORG.AU

STRESSLESSTIPS.ORG.AU

SMALL STEPS

Anxiety Disorders in Children

FREE anxiety awareness workshops for
primary school teachers and parents



Book a Small Steps presentation for your school or parent group today



WHAT'S INVOLVED IN A SMALL STEPS PRESENTATION?

The session is run by an experienced mental health educator from WayAhead.

The presentation covers-

- the difference between 'normal' anxiety and anxiety disorders
- types of anxiety disorders
- signs and symptoms of anxiety disorders
- where to get help

This is followed by a question and answer session.

Presentations run for approximately 1-1.5 hours.

Participants will receive reference materials and information as well as a recommended reading list.

Small Steps presentations come to you. They are usually run in the school or a community hall.

EARLY UNDERSTANDING AND INTERVENTION CAN MAKE A REAL DIFFERENCE IN A CHILD'S DEVELOPMENT

SIGNS, SYMPTOMS AND WHAT TO LOOK OUT FOR-

Children, like adults, worry.

But, sometimes worries or anxieties can develop into a problem - an anxiety disorder.

Do you have a child or student that worries a lot about illness or what is happening on the news or even just day to day events? This might be a sign of [Generalised Anxiety](#).

Does your child have repetitive thoughts, or do they do the same action repetitively, like washing their hands or constantly erasing and re-doing their work because it isn't perfect? These are things that a child with [OCD](#) might do.

Is your child more than just shy? Is he or she so shy that they want to avoid social situations? This could be [Social Anxiety](#).

Lots of kids don't like Mum or Dad leaving, but most grow out of it. But does your student unreasonably fear that something may happen to Mum and Dad? This could be [Separation Anxiety](#).

Does your student have an uncontrollable fear of certain objects like buttons or weather conditions like the wind? This could be what's called a [Specific Phobia](#).

Anxiety is most easily dealt with when a child is young - the Small Steps workshops will help you understand the signs and symptoms of anxiety disorders.

This program is funded by the Mental Health Commission of NSW.