

NHS Education Wellbeing Service

Online Webinar for Parents: Supporting Children with Common Fears and Worries, Including Exam Stress

This webinar for parents/caregivers of primary school aged children will run on three dates:

20th March 7-8pm

23rd March 7.30-8.30pm

24th March 1-2pm

Fears and worries during childhood are completely normal. At the same time, they can cause stress for children and those supporting them.

This webinar looks at different ways you can:

- Talk with children about their worries, and*
- Support children with fears and worries, particularly at exam time*

And it will provide parents and caregivers with key resources.

**Pick the date that suits you best and
sign up for free via Eventbrite:**

<https://www.eventbrite.com/cc/primary-parents-nhs-wellbeing-workshops-682309>

