Parent Information Sheet

Cool Kids® Program

An Anxiety Management Group Program for 8 to 12 year old children and their families. Presented by Northfields Clinic.

About 1 in 10 children have difficulty coping with their fears and worries. This is also known as **anxiety**.

Displays of anxiety vary. Some children:

- Are very reluctant to separate from their parents or carer;
- Are very shy and feel uncomfortable talking or socialising in large groups;
- Fear & avoid specific situations;
- Are easily worried by many things;
- Repeat certain actions as a way of preventing "bad" events or to remove uncomfortable feelings;
- Feel very sick & tense before certain important events (eg. tests etc).

Anxiety is a normal emotional response. However, there could be a problem if it causes frequent, intense or ongoing distress that prevents a child doing the important and fun things in life.

The **Cool Kids® Program** is a clinically proven anxiety management group program that was developed by the Macquarie University Anxiety Research Unit.

The **Cool Kids® Program** assists children to manage their own anxiety by:

- Helping them to understand anxiety;
- Teaching them to think realistically;
- Encouraging them to "fight their fears";
- Developing social skills & assertiveness;
- Developing problem solving skills.

Through the **Cool Kids® Program**, parents acquire the knowledge and skills to effectively "Coach" their child as they develop and master the key anxiety management skills.

Northfields Clinic is a specialist psychology service at the University of Wollongong that runs the **Cool Kids® Program**.

What to do Next:

Parents concerned about their child's anxiety-related difficulties can discuss these concerns with their child's doctor or school counsellor, or can contact Northfields Clinic directly to book a pre-group assessment. The assessment will determine the appropriateness of the **Cool Kids® Program** for the child.

Northfields Clinic – Cool Kids® Program:

- The program runs for 9 consecutive weeks during each school term;
- The groups are held one afternoon per week between 4pm and 6pm;
- Parents must attend the entire program with their child;
- The program involves a maximum of 8 families at a time;
- The standard cost of the program is $120 per family. Concession is $60.

® The Cool Kids Program is the property of the Macquarie University Anxiety Research Unit.