

Parenting an Anxious Kid

Does your child struggle with excessive worry that is difficult to control?

Is the anxiety starting to cause physical symptoms (stomachache, headache, difficulty concentrating, muscle tension, or sleep problems)?

Do typical parenting strategies not seem to help??

Many common parenting strategies backfire with anxious kids. Come learn research- supported techniques from child specialists who work with anxiety on a daily basis. Get support from other parents who understand and will encourage you on the journey.

Studies show that working with parents is essential to improve a kid's behavior. After all, you spend more time with your child than anyone else!



Our Group will help parents

- ◆ Understand the world of worried kids
- ◆ Learn effective anxiety management skills
- ◆ Apply these skills in everyday situations
- ◆ Find hope and encouragement as a family

Our 7-week group will begin Wednesday 1/17/24 from 6:00 – 7:00pm and run weekly through 2/28/24. Please contact us to register. Insurance Accepted. In-Network BCBSIL PPO.

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