

# Parent & Carer Session: Supporting Your Child with Fears & Worries

## Join Us

**Wednesday 9th  
October  
9am-10am**

**Please wait at the  
main school office**

**Is your child worrying a lot? Are they finding it difficult to do everyday activities because they feel nervous or afraid?**

**Lots of children experience worries about all different things, and it can be really tricky to know how to help.**

**If you would like to learn some ways to talk to your child about their worries and help them to feel a bit braver, please come along to this parent & carer session with Ellie from the Mental Health Support Team.**

**All parents & carers of Summerhill Infants are welcome.  
We look forward to seeing you!**