



As a Parenting Ideas Schools member, our school has special access to vouchers for **parent webinars**. These vouchers allow those in our school community to attend the webinars at no cost. Teachers and staff at our school are also welcome to redeem and join us!

*We have an upcoming webinar **Understanding Anxiety: How it impacts kids and the important role of parents**. It is valued at \$37 per person, so we encourage you to share the voucher with the families in your school community.*

All the information you need is below.

### **Understanding Anxiety: How it impacts kids and the important role of parents**

#### **About**

When a child experiences anxiety it can be really hard for parents to understand what's happening and how best to respond. In this webinar, Dr Jodi Richardson helps parents to recognise and understand anxiety, how it affects learning and happiness, and the practical steps to lessen its impact on

your child and your family's quality of life.

Listeners will also learn:

- the origins of anxiety
- signs and symptoms of anxiety
- practical strategies to help anxious kids
- the importance of validation
- when and where to seek help

### **When**

Tuesday 5 June 2018 7:30pm – 8:30pm AEST

### **Price**

This webinar is \$37 per person to attend, and is free of charge to families at schools that have a Parenting Ideas membership.

### **Who is talking**

This webinar will be hosted by Michael Grose with presenter Dr Jodi Richardson.



**Michael Grose**

**Parenting Ideas Expert**

**Author, Speaker, Founder Parenting Ideas**

Michael Grose is a popular parenting educator widely recognised for his expertise in birth order, sibling relationships and what makes healthy families tick.

Michael is the author of the ground-breaking book *Why first borns rule the world and last borns want to change it*.

He's given countless interviews in Australia and internationally about sibling relationships, and was contacted for comment by British media about the impact of the birth of a new sibling in Prince William and Catherine, Duchess of Cambridge's family.

Michael believes that sibling rivalry and subsequent conflict comes with the parenting territory, but there's a lot parents can do to improve family relationships and reduce the incidence of noisy, fractious fighting.



**Dr Jodi Richardson**  
**Parenting Ideas Expert**  
**Wellbeing and Mental Health**

Jodi is a mental health, wellbeing and happiness science speaker and educator. She is a mother of two primary-school-aged children and is the founder and director of *Happier on Purpose*, the mental health and wellbeing expert for Parenting Ideas and writer for both print and online publications.

Jodi has developed her expertise over two decades of professional work in teaching, wellbeing, clinical practice and elite sport, including working for beyondblue on the national schools-based initiative for the prevention of depression.

Integral to Jodi's work is helping

parents and teachers to nurture resilient, relaxed, playful kids who develop lifelong habits of happiness and flourishing mental health.

### How to access the voucher

1. Log into your school's account at [www.parentingideas.com.au/schools](http://www.parentingideas.com.au/schools).  
*Please do not provide parents with access to your online dashboard - this step is only for you to access the voucher/voucher code.*
2. Once in your school's account, you will see a menu item on the left hand side called 'Webinars'. Click to expand it and then select 'Parent Webinar Vouchers'.
3. The voucher will appear - copy the voucher code or click to download the PDF. You can share it with as many families in your community as you like!
4. Provide this link with the voucher/code when you share with your school community. Parents who choose to redeem the voucher will need to register via the link.

*Please note, this is a link to the Parenting Ideas online shop - it is not a link to your school's online dashboard. The voucher/code you provide parents will be used to register for the webinar through the shop at no cost.*

[www.parentingideas.com.au/product/understanding-anxiety-webinar](http://www.parentingideas.com.au/product/understanding-anxiety-webinar)

**Login to access your webinar voucher**