

**Anxiety workshop for parents held on 12/07/16 at Bowsland Green Primary School.
Developed and run by Educational Psychologist, Dr Leona Black – BlackLight Learning
Educational Psychology Services.**

Some key evaluations out of 26 evaluation forms returned by parents

How useful did you find this workshop?

15 parents scored: 5

10 parents scored: 4

1 parent scored: 3

What did you find particularly useful?

1. Just listening to others and their experiences.
2. The background to anxiety was very informative.
3. Listening to other parents and their ideas to help with anxiety.
4. Resources and references that are available for me to look at.
5. Understanding the physical responses in the body / brain and why.
6. I found everything helpful. It was nice to hear others in the same position as you and that you are not alone.
7. Ideas to help children overcome anxiety.
8. Science behind anxiety and how to explain it to children.
9. The different practical strategies to try.
10. Feeling positive that I can try this at home.
11. So many things! Knowing how many other children are anxious and it's not just my son. I wanted to find some tools to help and support him – I now have lots of ideas. And it helps to know that some of the things I was already doing are right! It was really interesting.
12. It helped me understand the nature of anxiety and to look at my child's behaviour in a different way.

Would you recommend this workshop to other parents?

Everyone said **YES**

Why would you recommend this workshop to other parents?

1. It gives a rounded, concise information session which draws many issues together.
2. So many parents would benefit!
3. Very helpful and informative. Good to hear other people's situations.
4. It will help them identify and deal with anxiety in their children.
5. They can learn about nature of anxiety, meet parents with similar problems and learn about different ways to cope with anxiety problems.
6. More positive outlook on child's anxiety and the ability to deal with it.
7. It is wide reaching in its usefulness.
8. Helpful to realise that other parents have similar situations.
9. It is clear and informative on the subject (of anxiety). Useful strategies for managing anxiety in the home.
10. Normalising your child dealing with anxiety can only have a positive effect on how you deal with situations. Also, having the chance to speak to other parents is helpful. Finally – having access to a professional to ask questions when not knowing who to turn to...Thank you!
11. It will make you feel less isolated and empowered as a parent.