All children experience some anxiety at specific times in their development. But when a child does not outgrow a fear, or fears strongly affect a child’s daily life and well-being, children can benefit from parental support.

Parents can help children with their anxiety by learning some basic principles and strategies. Often a small amount of help can make a big difference!

**In this talk, Dr. Levine will discuss:**

- Identifying anxiety in children – with and without a disability
- Helpful amounts of anxiety and “too much” anxiety
- Generalized anxiety and specific fears and phobias
- What factors increase anxiety
- Some impacts of the pandemic
- Takeaways for your parenting toolkit and further resources

**There will be plenty of time for Q&A with Dr. Levine.**

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**ADVANCE REGISTRATION IS REQUIRED.**

To register, go to: [understandingourdifferences.org/help-anxiety/](http://understandingourdifferences.org/help-anxiety/)

**Karen Levine, Ph.D.,** is a Psychologist in private practice, and a Lecturer on Psychiatry, part-time, at Harvard Medical School. She works primarily with young children and their parents, including children with or without a developmental disability, with a special focus on treating anxiety. With Naomi Chedd, LMHC, she coauthored three books including *Attacking Anxiety* and many articles.

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Understanding Our Differences' mission is to educate communities to value and accept people of all abilities through school-based, interactive disability awareness programs.

www.UnderstandingOurDifferences.org