

Understanding Our Differences Presents

Anxiety in Children: How Parents Can Help



An evening presentation by Dr. Karen Levine
Tuesday, March 1, 2022 – 7:00-8:30pm
via Zoom webinar

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.

THIS EVENT IS FREE, but your donation to support UOD's work is appreciated. Pre-registered attendees will receive a Zoom link and instructions. All portions of the event will include live transcription. Email info@UnderstandingOurDifferences.org if you have any questions or would like to request an accessibility accommodation.

ADVANCE REGISTRATION IS REQUIRED.

To register, go to: 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.



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

Presentation Sponsored By:

