



23.08.2024

## School Refusal Webinar and Resources - Reminder:

School refusal and anxiety at drop off times has become more common since COVID lockdowns, especially after holiday periods and long weekends. To find out more about how you can support your child if they are experiencing anxiety/school refusal, check out this link from the Raising Children webinar last month:

<https://raisingchildren.net.au/guides/podcasts-and-webinars?a=130339>

## Other Recorded Webinars from Raising Children Website (raisingchildren.net.au)- Reminder:

Click on the links to get more information and a recording of each webinar.

- [Managing anxiety in your family](#): Anxiety is common in families. In these webinars, you can learn skills like mindfulness to help you and your child manage it.
- [Encouraging better behaviour in children](#): This webinar provides research-based strategies that can help parents prevent or manage challenging behaviour in children 2-12 years.
- [Digital Technology and your family](#): Digital technology can be a safe, healthy and positive part of family life. Our webinar explains how to move beyond screen time and make tech work for you.
- [Social skills and helping children build them](#): Social skills are how children relate to, communicate with and connect with others. Children need these skills for healthy development and resilience, now and over time. As your child grows, you can do a lot to help them develop positive social skills.
- [Blended families and stepfamilies](#): When you understand the different needs of the people in your blended family or stepfamily, it can create a positive and supportive environment for everyone.
- [Tantrums and children](#): Tantrums happen when children are overwhelmed by emotions. When you understand tantrums, you can manage and even prevent them.
- [Self-compassion in families](#): Self-compassion is treating yourself with kindness even when things don't go well. It's good for mental health and wellbeing. Find out more in our webinar.
- [School refusal](#) is when children struggle to go to school. Strategies and professional support can help. Find out more in our webinar.

[ADHD in children and teenagers](#): Support for children and teenagers with ADHD starts with recognising the signs, finding professional help and getting a diagnosis. Learn more in our webinar.