

## **Coaching for Confidence**

A 10 week internet-based program and evaluation study to help parents help children that have difficulty with anxiety (excessive fearfulness, worry, or shyness)

### **Is your 4 to 12 year old child more shy, anxious, or fearful than other children of the same age?**

Shyness and anxiety are normal emotions. Some children, however, are much more shy or fearful than the average child. Anxiety may interfere with their enjoyment of school, activities with other children, new experiences (swimming lessons or sports), and their development of independence and confidence. Shyness and anxiety may also slow learning at school.

If you think that your child is more anxious (fearful, worried or shy) than most other children of the same age, you may be interested in Coaching for Confidence, a web-based program developed for parents of children with anxiety by researchers at the University of Manitoba.

This self-help program teaches parents how to help their children and has practice activities to overcome fears and worries. Topics include:

- Understanding anxiety (shyness and fearfulness)
- Patterns of anxiety in children
- Steps to overcome anxiety
- Motivating your child
- Helping with worries
- Encouraging cooperation
- Coping with intense emotions
- Dealing with bedtime problems
- Encouraging friendships
- Encouraging independence

The program is based on principles of learning and child development. There is no charge for participating.

If you are interested in learning more about the program please contact Gia or John at:  
Email [CoachingforConfidence@umanitoba.ca](mailto:CoachingforConfidence@umanitoba.ca) or telephone 204-237-2055 and leave a message.