

kids in mind

Mindfulness for parent stress



Parenting a young child with anxiety can be stressful.

Is your child anxious, nervous or fearful in certain situations?

Does this fear impact on your daily life?

Do you find it hard to manage your child's worries?

This program may help you and your family.

FREE

Mindfulness-based
program for parents of young
children 3-7 years experiencing anxiety



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- Is your child anxious, nervous or fearful in certain situations?
- Does this fear impact on your daily life?
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A team at Griffith University has been working closely with Professor Susan Bögels, author of the 'Mindful Parenting' program and will be evaluating the world's first trial of this program with parents of children experiencing anxiety.

Robyn Farley (PhD candidate) is the lead researcher and clinical psychologist and has over 18 years experience working as a clinician. Natalja Nabinger de Diaz (PhD candidate) is a co-researcher and dedicated to helping families and children. Robyn and Natalja are supported by leading child anxiety researcher, Associate Professor, Dr Lara Farrell and mindfulness researcher, Dr Lisa-Marie Emerson.

For further information, or if you would like to participate:

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