

WEST HARTFORD SPECIAL EDUCATION PTO &
WEST HARTFORD LIBRARIES PRESENT:

BOOK TALK



West Hartford
Special Education PTO

Anxious Kids, Anxious Parents
by Reid Wilson, PhD, and Lynn Lyons, LICSW

Tuesday, March 24 | 7pm

Noah Webster Library Meeting Room | Blue Back Square

Discussion Panel:

Dr. Scott Ratchford, Ph.D., School Psychologist, West Hartford Public Schools

Dr. Sarah Schlegel, MD, Developmental and Behavioral Pediatrics

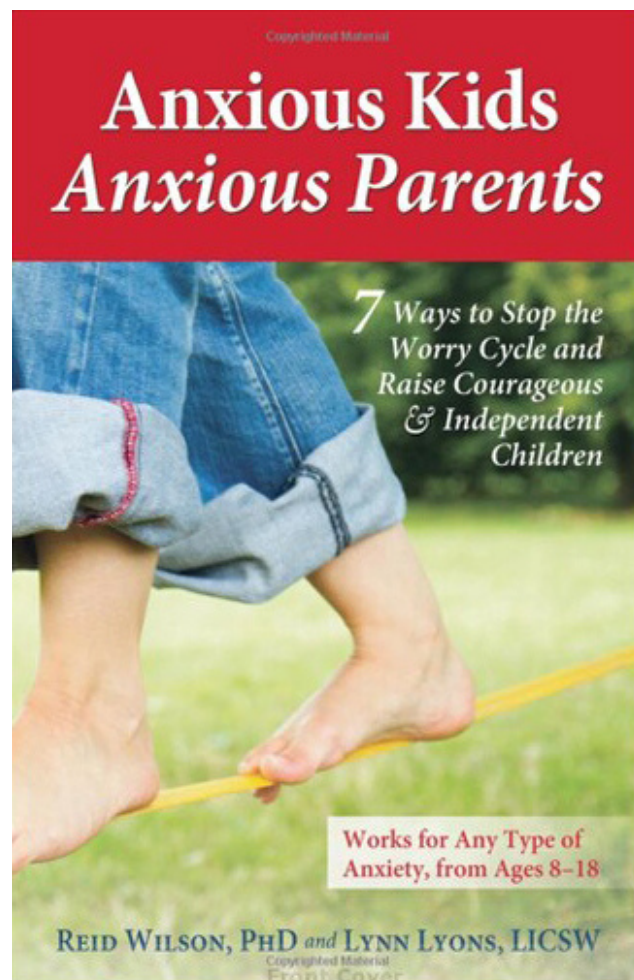
Daniel Weiner, MA LPC, Family Resource and Development Center, LLC

One in every five kids suffers from a diagnosable anxiety disorder

With anxiety at epidemic levels among our children, *Anxious Kids, Anxious Parents* offers a contrarian yet effective approach to help children and teens push through their fears, worries, and phobias to ultimately become more resilient, independent, and happy.

Unfortunately, when parents or professionals offer help in traditional ways, they unknowingly reinforce a child's worry and avoidance.

This book exposes the most common anxiety-enhancing patterns—including reassurance, accommodation, avoidance, and poor problem solving—and offers a concrete plan with 7 key principles that foster change.



The book is free with your \$15 membership to WHSEPTO or pick up a copy at the library.