

# Ouder- en Kindteams

## Amsterdam

### Positive Parenting ONLINE Fear-less ONLINE (6-14 year)

Are you noticing that your child is easily anxious? Does your child worry? Do you want advice about coping with the anxiety of your child and as a family? Then Fear-less Online could be the program for you!

#### Positive Parenting FEAR-LESS ONLINE

Fear-less Online is a Triple P Positive Parenting program you can complete independently on your smartphone, tablet or computer. The program can help you to think about how you are currently responding to your child's anxiety and give you some new ideas. You can choose what strategies you want to use, so it best suits your child and your family.

Anxiety in children can disrupt the whole family. Fear-less Online reduces anxiety in the whole family and improves family functioning. It also teaches important life skills with long term positive effects.

The program is only available in English with hopes to translate it into Dutch in the future.

#### For who?

The Fear-less Online program is meant for English speaking parents or caregivers of children from 6 to 14 years who have moderate to high levels of anxiety that cause significant distress or impact their everyday functioning.

#### Goals

- develop a toolbox of strategies to respond to your child(ren)'s anxiety
- learn how to set a good example of coping with anxiety
- learn how to coach all your children to become more emotionally resilient
- get insight in recognizing and talking about feelings with your children
- learn to maintain anxiety reduction in your children and yourself



#### What does the course look like?

- 6 modules of 30-60 minutes with videos and exercises
- a personalized workbook and tipsheets
- one year unlimited access to Fear-less P Online
- an extra video and guide 'Parenting during Covid-19'

#### Would you like more information?

Click 'Meer info en aanmelden' button in red on the OKT website and scroll down to apply.

*Positive Parenting is an evidence based parenting program with multiple programs implemented worldwide. You can find more information about (Fear-less) at [www.positiefopvoeden.nl](http://www.positiefopvoeden.nl)*