

Cool Little Kids

PARENTING PROGRAM

EARLY INTERVENTION FOR ANXIETY (AGES 3-6 YRS)

This Cool Little Kids program is an early intervention version of the Cool Kids Program, a world renowned cognitive behavioural therapy program developed at Macquarie University. Cool Little Kids aims to educate parents about how best to parent their anxious or extremely shy child to prevent future problems and enhance emotional wellbeing.

IS SHYNESS NORMAL IN PRESCHOOLERS?

Some shyness can be a normal part of development. However, research has revealed that excessive shyness in preschool aged children can lead to the development of more serious problems in later life, such as the development of anxiety disorders. Having a parent who is anxious also increases a child's likelihood of developing anxiety.

ABOUT COOL LITTLE KIDS

The Cool Little Kids Program is a 6-session psychoeducation program for parents of children aged 3-6 years who exhibit excessive shyness or anxiety.

Cool Little Kids is based on Cognitive Behaviour Therapy and equips parents with both knowledge and practical skills and tips on how to help their child manage and overcome anxiety.

During the program topics include:

- Understanding anxiety and shyness in preschool children
- Causes and risk factors for child anxiety
- Helpful and unhelpful ways of responding to anxiety in children
- Skills and strategies to help your child build brave behaviours and face fears
- Dealing with setbacks and difficulties
- How to maintain progress after the program ends.

Our research has revealed that participating in the Cool Little Kids parenting program when a child is a pre-schooler improves their independence and confidence in daily activities and can reduce the likelihood of a child developing an anxiety disorder in their teenage years.



INDIVIDUAL AND GROUP OPTIONS

The program is offered in two ways:

Individual Program with a psychologist either at the Emotional Health Clinic on the Macquarie University North Ryde campus or via telehealth (Zoom). The 6 sessions usually take place over 8 weeks.

Online Group Program where 4-8 families attend telehealth (Zoom) sessions with a psychologist and complete the program together. The 6 group program sessions run for 1.5 hours each and take place over an 8-week period, at the same time each week. Each family also has two short telephone conversations focused on individual troubleshooting.

WHO ATTENDS THE PROGRAM?

We recommend that all parents/caregivers involved in the day-to-day care of a child attend the program whenever possible. If one parent will be attending, it is preferable for the same parent to attend each session (rather than alternating parents). This allows a parent to build on knowledge learned in previous sessions.

Children do not attend program.

WHO WILL BE RUNNING THE SESSIONS?

For the Cool Little Kids Individual Program, parents can choose to see a registered psychologist, clinical psychologist or provisional psychologist.

Cool Little Kids telehealth groups are led by a registered or clinical psychologist who has extensive experience in working with children and parents to help them cope with anxiety. Groups may also have a provisional psychologist supporting the lead psychologist.

All registered and clinical psychologists at the Emotional Health Clinic have completed postgraduate qualifications in psychology and have extensive experience working with anxious children and their families. Provisional psychologists are in their final year of postgraduate training and are completing a 6 month placement in our clinic. They are supervised by highly experienced clinical psychologists.

All of our psychologists have received specific training in the Cool Kids Suite of Programs and are supported by the programs authors.

HOW MUCH DOES COOL LITTLE KIDS COST?

GROUP PROGRAM

Up Front Cost*	
6 Session Telehealth Group + 2 Support Calls	\$725

This includes all sessions and program materials. Fees for group are paid prior to starting when securing your place and are not refundable.

INDIVIDUAL SESSIONS

	Per Session Cost*
Session with Provisional Psychologist	\$85
Session with a Registered Psychologist	\$230
Session with a Clinical Psychologist	\$275

Each individual session is paid for at the time of the session. In addition at the first session there is a \$15 charge for the Cool Little Kids Parent Workbook.

Medicare does not provide rebates for parenting programs.

* Prices are subject to annual review.

HOW DO I GET INVOLVED?

Complete a brief online intake that gathers information on your child and their current behaviours. This will be reviewed to check that Cool Little Kids is likely to be a useful program for your family.

The intake is not a comprehensive assessment. If you have concerns about your child's development we encourage you to speak with your GP about a referral to a paediatrician or psychologist who specialises in behaviour and development

If Cool Little Kids is recommended, you will be offered a place in the next available group or a timeslot to complete the program individually. Groups are arranged according to demand, but typically new groups run every 3-4 months.

If Cool Little Kids is not recommended, we will do our best to make alternate suggestions for where you may be able to access appropriate services.

**PLEASE USE THIS LINK TO COMPLETE
THE COOL LITTLE KIDS INTAKE.**



ONLINE SELF-HELP OPTION

An online self-help version of Cool Little Kids is also available. Parents can complete this version independently at home. Further information is available here:

[Cool Little Kids Online](#)

FURTHER INFORMATION AND QUESTIONS

You can contact us by telephone on +61 (0)2 9850 8711 or email: ehc.admin@mq.edu.au.



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