

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 is a world renowned cognitive behavioural therapy program developed at Macquarie University, Emotional Health Clinic. 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 group treatment program for parents of children aged 3-6 years who exhibit excessive shyness or anxiety. It is a psycho-educational parenting program that equips parents with both knowledge and practical skills and tips on how to help their child manage and overcome anxiety. The program uses Cognitive Behaviour Therapy (CBT) techniques to give parents effective tools and strategies to assist their child.

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

The program is held over a 6-8 week period, at the same time each week and is attended by 4-8 families. Each session runs for approximately 1.5 hours and is held via **telehealth** (Zoom). Each family also has two short telephone conversations focused on troubleshooting.

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.



WHO ATTENDS THE GROUP?

We recommend that all parents/caregivers involved in the day-to-day care of a child attend the group 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 groups.

WHO WILL BE RUNNING THE GROUP?

The groups are run by a 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.

HOW MUCH DOES THE PROGRAM COST?

The program is \$700 per family. This includes all sessions and program materials. Fees are paid prior to starting a group when securing your place and are not refundable. Medicare does not provide rebates for parenting programs.

HOW DO I GET INVOLVED?

We ask parents to complete a brief online intake that describes their child and their current behaviours. This will be reviewed to check that Cool Little Kids is likely to be a useful program for the 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 who specialises in behaviour and development, or to seek an assessment with a psychologist.

If Cool Little Kids is recommended, you will be offered a place in the next available group. Groups are arranged according to demand, but typically new groups run every 2-3 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.

WHAT OTHER OPTIONS ARE AVAILABLE?

Whilst it can be helpful to participate in a group with families going through similar experiences, we understand that this may not be the preferred option for everyone.

Cool Little Kids can be completed individually with a psychologist or there is an online version of the program that you can work through independently at home. Details about these options, including costs, can be found at:

[Individual, Tailored Therapy for Children and Adolescents](#)

[Cool Little Kids Online](#)

Individual tailored therapy can also be an option if anxiety is not the main concern that you have for your child. Emotional Health Clinic psychologists can provide assistance with emotion regulation, behavioural difficulties and parenting.

FURTHER INFORMATION AND QUESTIONS

You can contact us by telephone on 02 9850 8711 or email: ehc.admin@mq.edu.au.

[PLEASE USE THIS LINK TO COMPLETE THE COOL LITTLE KIDS INTAKE.](#)



Anxiety Prevention Program



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