

# Cool Little Kids

## Program for Parents of Anxious and Shy Young Children (aged 3-6 years)

The Emotional Health Clinic in the Macquarie University Lifespan Health and Wellbeing Research Centre offers evidence-based assessment and psychological treatment for emotional disorders across the lifespan. This clinic offers access to our flagship treatment programs that have been developed using scientific research, evaluated in clinical trials, and are used nationally and internationally.

### ABOUT COOL LITTLE KIDS

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 of 3-6 year olds about how best to parent their anxious or extremely shy child to prevent future problems and enhance emotional wellbeing. The program 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 young children
- Helpful and unhelpful ways of responding to anxiety
- Skills 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 a parent participating in Cool Little Kids when their child is a pre-schooler, improves independence and confidence in daily activities and can reduce the likelihood of a child developing an anxiety disorder in their teenage years.



### WHAT DOES IT INVOLVE?

#### ONLINE SELF-HELP OPTION

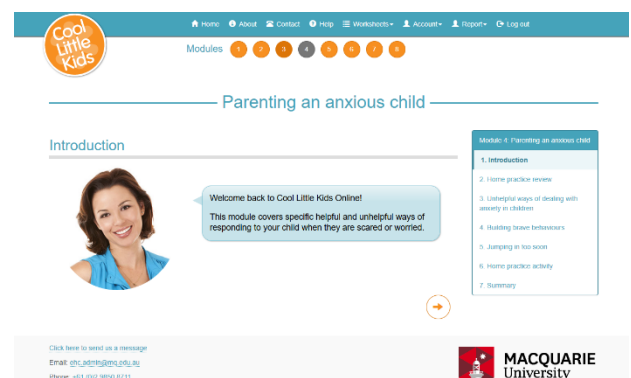
Cool Little Kids Online is designed to increase your knowledge and build practical skills in managing and responding to your child's fears and worries.

The program contains 8 'modules' with easy to read information, practical skills, videos and stories from other parents. Each module takes about 30-60 minutes to complete. Parents then use the skills with their child in everyday life leading to a more confident, less fearful child!

Further information on Cool Little Kids Online can be found at [www.coollittlekids.org.au](http://www.coollittlekids.org.au)

#### Cost of Cool Little Kids Online Program

Access to Cool Little Kids Online is AU\$180 (inc GST). Parents wanting additional support can opt to receive telephone sessions with a psychologist to discuss progress and how to apply the Cool Little Kids skills to their child's fears and worries. These telephone sessions are AU\$47.50-\$119 per 30 minute session.



## THERAPIST-LED 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.



Only parents attend Cool Little Kids sessions. Parents learn the skills and then implement them into their child's everyday activities.

### Cost of the Cool Little Kids Individual and Group Programs

For individual sessions fees depend on the type of psychologist that you have appointments with, with a range of \$95-285 per session. In addition, at the first session there is a \$20 charge for the Cool Little Kids Parent Workbook.

For the group program the fee is \$750 covering the 6 telehealth sessions, 2 support calls and the workbook. Parenting programs are not eligible for Medicare rebates. Prices are subject to annual review.

## CONTACT US

If you would like to discuss Cool Little Kids or have any questions, please contact our friendly team on 02 9850 8711.

If you would like to register for the program scan the QR code to provide your details.



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### FIND OUT MORE

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