



# Cool Little Kids Online

## ONLINE PROGRAM FOR PARENTS OF ANXIOUS AND SHY YOUNG CHILDREN (AGED 3-6 YRS\*)

Cool Little Kids Online is a parenting program that aims to increase the confidence of young children, so that they have fewer anxiety problems as they grow. It is based on the world renowned Cool Little Kids program developed at Macquarie University. The program uses the principles of cognitive behaviour therapy (CBT) and is backed by scientific studies showing its effectiveness in reducing current and future fears and worries for young children.

### THE CENTRE FOR EMOTIONAL HEALTH

The Centre for Emotional Health (CEH) is an internationally recognised specialist research centre at Macquarie University in Sydney, Australia. The CEH conducts research to further our understanding of child and adult emotional disorders and to improve methods of assessment and treatment.

Using the outcomes of this research, the Centre for Emotional Health Clinic (CEHC) provides cutting edge assessment and treatment services across the lifespan. Families who seek help at the CEHC will receive state of the art assessment and treatment based on research that has been conducted by our team over the past 25 years.



### BENEFITS OF COOL LITTLE KIDS ONLINE

- Parents can access Cool Little Kids Online in the comfort of their own homes.
- The interactive online format is easy to navigate and practice activities are engaging for families.
- Parents wanting additional support can opt to receive telephone support during the program from qualified, experienced psychologists (additional fees apply).
- Cool Little Kids Online is based on research and has been shown to be effective in reducing anxiety and shyness.

*\* For children aged 7 years and above, please visit our website for child and teen programs.*

### COOL LITTLE KIDS ONLINE

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 who have done the program. Each module takes about 30-60 minutes to complete. The program does require a commitment of your time and effort—but the reward will be worth it—a more confident, less fearful child!

Topics covered in the program include:

- How shyness and anxiety develop
- How to gradually and gently teach your child to face their fears
- How to use rewards to increase your child's bravery
- How to reduce unhelpful parenting strategies
- How to help your child become more independent
- How to keep your thoughts accurate
- How to prepare for future challenges

## WHO IS COOL LITTLE KIDS ONLINE FOR?

Cool Little Kids Online is suitable for a parent if:

- Their child is 3 to 6 years old
- Anxiety or shyness is the main problem causing their child difficulty,
- Anxiety or shyness is affecting the child's day-to-day life, and
- Parent can read and write in English (e.g. read a magazine or newspaper and complete written forms)

## COST OF COOL KIDS ONLINE

Cool Little Kids Online costs AU\$170.

This includes:

- 12 months access to Cool Little Kids Online
- Practice activities to implement skills
- Technical support

## ADDITIONAL SUPPORT

Parents wanting additional support can opt to receive telephone sessions with an experienced psychologist during the program. These sessions provide an opportunity for parents to:

- Ask questions about the program material,
- Discuss progress and how to apply the Cool Little Kids skills to their child's fears and worries, and
- Receive guidance on how to overcome any problems encountered using the skills.

**Telephone sessions are AU\$115 per 30 minute session.**

## HOW TO GET INVOLVED

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

You can enrol in the program by completing the [Registration Form](#).

When your enrolment is received and payment processed a login for the program will be sent to you within 3 business days.

Please contact our friendly team at [cehc.online@mq.edu.au](mailto:cehc.online@mq.edu.au) or on (02) 9850 8711 if you have any questions.

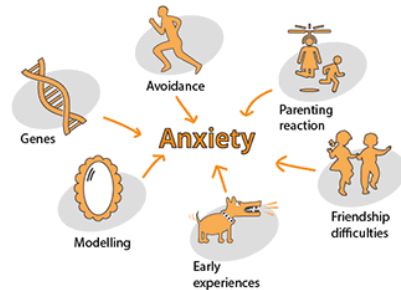
## PROGRAM SCREENSHOTS

### INFORMATION

How does a child develop anxiety problems?



Not all inhibited children go on to have anxiety problems. Factors that may lead to anxiety problems developing in young children include:



### EXAMPLES

Walker and Robinson family examples



#### The Walker family

An example is when Brad and Karen end up staying at home with Chloe because she is too afraid of being left with a babysitter.

In the short-term, Chloe stays with her parents and doesn't become upset. But in the long term, she never learns that staying with a babysitter is not as scary as she thought it was!



#### The Robinson family

Another example is when Jack insists on sleeping with the light on in his bedroom, so that the monsters under his bed won't get him. Allowing Jack to avoid sleeping in the dark means he never learns that monsters don't exist and that he can cope.

### INTERACTIVE WORKSHEETS

#### My child's stepladder

Brainstorm steps for your child's stepladder and what rewards they will receive. To re-order steps, click and drag over the step number.

Step	Fear	Reward	
1	Tell a short story to a favourite toy (Mum or Dad can demonstrate how to do this)	1 A sticker	Delete
2	Tell a short story to Mum	1 A lollypop	Delete
3	Tell a short story to both Mum and Dad	2 A piggy-back ride from Dad	Delete
4	Show and tell to grandparents	3 A lolly dip	Delete
5	Show and tell to preschool teacher	4 Choose what to have for dinner	Delete
6	Show and tell to teacher and another child	4 Extra bedtime story	Delete

#### FIND OUT MORE

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