



Dr. Michael Mazius

**Distinguishing Between Normal Worry
and Anxiety:**

**Learning Our Children's Signals and Knowing
How to Help**

January 11th, 2018

8:15 am

Richards School

Great Hall

5812 N Santa Monica Blvd

Whitefish Bay, WI 53217



**Distinguishing Between Normal Worry and Anxiety:
Learning Our Children's Signals and Knowing How to Help**

Fear and worry are universal emotions in people of all ages. Some of us, more than others, are prone to worry in the face of life's demands. This certainly applies to our children who naturally encounter academic and social challenges. The literature indicates that our children always look to us first for help. Child Psychologist, Dr. Michael Mazius, is returning to our district, this time to talk about the neuroscience and expression of fear in children. He'll teach us how to discriminate fear and worry from anxiety, explain why the difference is important and describe an approach we, as parents, can use to convert worry into productivity and in turn help our children build self-confidence.

Please join us for a morning of valuable, collaborative learning.