

Are you interested in reducing your child's Anxiety?

**Wellesley Public Schools
Office of Student Services
and
Wellesley PAC**

Invite you to join us for an evening with **Jessica Minahan**

January 26th from 7-8:30 pm

Wellesley Middle School Library

Strategies for Kids with Anxiety

By Jessica Minahan, M.Ed, BCBA

The National Institutes of Health (NIH) reports that one in four thirteen-eighteen year olds has had an anxiety disorder in their lifetime. Without intervention, these children are at risk for poor performance, diminished learning, and social/behavior problems in school. Understanding the role anxiety plays in a student's behavior is crucial and using preventive strategies are key to successful intervention. Effective behavior plans for these students must avoid the reward and punishment-based consequences from traditional behavior plans and focus instead on the use of preventive strategies and on explicitly teaching coping skills, self-monitoring, and alternative responses.

Easy to implement preventive tools, strategies, and interventions for reducing anxiety, increasing self-regulation, executive functioning, and self-monitoring will be discussed.

Bio:
Jessica Minahan, MEd, BCBA, is a board certified behavior analyst, special educator and a consultant to schools nationwide (www.jessicaminahan.com). Jessica has over seventeen years of experience supporting students who exhibit challenging behavior in urban public school systems. She is a blogger on The Huffington Post, as well as the author of *The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students*, with Nancy Rappaport (Harvard Education Press, 2012) and author of *The Behavior Code Companion: Strategies, Tools, and Interventions for Supporting Students with Anxiety-Related or Oppositional Behaviors* (Harvard Education Press, 2014).