



# Small Steps Workshop and Seminar Program 2025

We raise awareness of childhood anxiety.

We support parents and carers at the starting school and starting high school transitions.

We assist parents and carers to use small steps to build confidence in children and young people.

We provide teachers with practical strategies to assist students experiencing anxiety.

## The Parent Seminars include:

- How the cycle of anxiety works and how to reduce its impact
- Strategies to manage anxiety
- Using small steps to help children develop confidence.

## The Teacher workshop includes:

- Practical activities for teachers using common school based scenarios of anxiety
- Strategies to assist students manage small amounts of anxiety
- Working with students to build confidence, improving engagement and participation.

## The NESA accredited workshop includes:

- Strategies to engage parents and carers as partners in developing small steps plans to support students experiencing anxiety.

“  
The small steps strategy is very parent friendly.  
*parent*”

“  
Practical ideas to help support children with separation anxiety.  
*teacher*”

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“  
Really helpful tips  
and strategies to  
help us with our  
child’s anxiety.  
parent

## Parent Seminars

Seminar	For...	Recommended in	Duration	Cost
Childhood Anxiety	Parents of children K-6	Term 1, 2 or 3	90 minutes	\$150 +GST
Adolescent Anxiety	Parents of young people in Years 7-12	Term 1, 2 or 3	90 minutes	
Transition to School	Parents of 2026 Kindergarten children	Term 4	40-75 mins*	
Transition to High School	Parents of Year 5&6 children	Term 4	75 mins	

\*stand-alone seminar 75 mins or shorter version as part of school Kindy Orientation program.

## Teacher Workshops

Seminar	For...	Recommended	Duration	Cost
Childhood Anxiety (Professional)	Teachers and school staff, preschool educators, school counsellors, SLSOs, parent liaison officers etc.	Can be an after school PD session or part of a School Development Day	2 hours	\$150 +GST
Childhood Anxiety (Professional) NESA accredited*	Recommended for after school PD or as a session on a PD day at the beginning or end of term.		2.5 hours	\$250 +GST

\*The NESA accredited Small Steps: Childhood Anxiety Workshop will contribute 2 hours and 30 minutes of NSW Education Standards Authority (NESA) Accredited PD in the priority area of student/child mental health for teachers towards maintaining Proficient Teacher in NSW. We upload participation data in eTAMS for NSW teachers.

“  
Now we have an  
implementation  
strategy for children  
going on camp.  
teacher

## Contact the Small Steps team

✉ [smallsteps@wayahead.org.au](mailto:smallsteps@wayahead.org.au)



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