

# Strengthening Early Emotional Development

## SEED at the NYU Child Study Center



Do you have an anxious child that is between **3 – 5 years old**?

The NYU Child Study Center is recruiting **children and parents** for a new program to help early onset anxiety. If your child sometimes struggles with excessive fears or worries, he or she may be qualified to participate in SEED **for no cost**.

SEED is a 10-session prevention program that will help parents promote the development of socio-emotional skills and coping strategies for their children. The program consists of groups for parents and children.

The sessions include how to:

- help your child recognize and deal with difficult feelings
- teach them how to cope with anxiety and fears
- promote independence and self-esteem
- learn relaxation techniques, yoga and social skills

For more information, please contact Amy Lerner, at 212.263.8474.