

# Parenting an Anxious Child

## two-part series

Dr. Jonathan Dalton, PhD

### PART 1

Join Dr. Jonathan Dalton, PhD, founder and director of the Center for Anxiety and Behavioral Change, as he reviews the important differences between healthy and unhealthy anxiety with a focus on the role of avoidance in creating and maintaining anxiety disorders. We will discuss specific parenting techniques and approaches that families can begin using immediately to help reduce their children's experience of anxiety.

### PART 2

Dr. Jonathan Dalton, PhD, will present on the critical differences in the treatment of anxiety in Neurotypical (allistic) and Autistic children. We will focus on the differences between fear and dread and why traditional anxiety treatment approaches are often insufficient when treating Autistic youth. We will build parenting skills that families can use to help relieve the anxious suffering of their autistic children.



Register at <https://bit.ly/3PZQ0WW>



**01** FEBRUARY 21ST,  
1:00–2:30 PM

Parenting an Anxious Child:  
Counterintuitive yet  
Evidence-Based Skills and  
Strategies

**02** MARCH 7TH,  
10:00–11:30 AM

Anxiety in the Context of  
Autism: What Parents Need to  
Know

