MHPN WEBINAR

Supporting Children and Families to Recognise and Navigate Paediatric Anxiety

Continuing Professional Development Learning Record

Complete and save a copy of this form to create your own record of CPD you've undertaken or to further embed your learning. Please note, MHPN is unable to provide Statements of Attendance for viewing webinar recordings or listening to podcasts.

Your details

Your name:	
Date completed:	
Activity Name:	Supporting Children and Families to Recognise and Navigate Paediatric Anxiety
Learning outcomes	• Identify how to recognise and support children who experience anxiety. • Discuss the developmental, relational, and psychosocial context of anxiety in formulating interventions. • Identify practical strategies for engaging with a child who is experiencing anxiety. • Discuss strategies for engaging parents in non-stigmatising ways that allow them to contribute to plans to best support their child.
Time spent engaged in the activity:	(including completing this form)

After watching or listening to the activity, consider the following:

1. What were three key messages that were covered in the activity?

2. Identify your learning goal and how the activity's content aligned with that goal.

3. What actions are you going to take to use the learnings to improve and/or change your practice? For example:
   - Explore the topic further in a supervision session or with a peer/colleague
   - Identify and read the latest research
   - Undertake additional courses, study or training
   - Search MHPN's webinar or podcast libraries for more PD content
   - Join an MHPN network to connect with other practitioners for networking, peer support or PD

4. Please note any other reflections on the topic or activity.

Mental Health Professionals' Network
ABN 67 131 543 229

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