



Hello and welcome to August/September's Newsletter!

Thank-you to those who attended the Confidence Clinic on Friday evening. Remember - keep spinning that good feeling!

Another big thank-you goes out to all the kids who attended the first Confidence 4 Kids Clinic at Eden Ostrich World on Saturday 1st September; you truly made it a great day! This Clinic was as much for the parents as it was for the kids. The kids learned how to go to their green place if they felt fear or anger, whilst the parents learned that by telling their kids "Don't" they were actually putting the thought into their kid's head. For example "Careful you don't fall over" - the child was running fast and hadn't even thought about falling over until the parent put the thought in their head. A better thing to say would be "Wow look how fast you are running!" Tell your children what you DO want them to do not what you DON'T want them to do.

Remember kids learn what they see, not what they hear, so if they have a fear or phobia of something 99.99999 times out of 100 they have seen a parent or someone very close behave in a fearful way for the same thing. Therefore when we met some rat babies and a tarantula it was important for the parents to first hold the animals to show their kids there was nothing to be scared of. I must say the kids were fantastic, curious and keen to hold all of the animals, and I know for some of the parents it was a massive thing to hold the tarantula, they did it though and that is a huge achievement - everyone was extremely brave! All the kids received certificates for their bravery, and I think a few of the parents deserved a certificate too!

Other News

WANTED - People with a fear/phobia of Spiders

Do you or someone you know want to overcome a fear/phobia of spiders? We are teaming up with Eden Ostrich World to help people overcome their fears and phobias in a safe environment. If you would like to register your interest in attending one of these Clinic's please e-mail me at swychi@btinternet.com, these Clinic's are to help with any animal fear/phobia and are for Adults and Kids alike, so please state in your e-mail what animal you have a fear of.

Some of you may have seen the article on me in the News and Star (if not check it out on the 'Press' page - The Caroline Brier Story). I am now starting to see people for one 2 one sessions, so please spread the word and pass on my details to people you think will be interested!

Thank-you for reading!

Caroline x