



At Kids@Heart, Dr Rowland is proud to offer and delivery evidence-based programs developed by leading researchers at Macquarie University.

The Cool Little Kids Program is an early intervention program designed for parents of children aged 3-6 years who exhibit excessive shyness or other types of anxiety (i.e., separation anxiety and lack of confidence).

The program equips parents with both knowledge and practical skills for how to help their child manage and overcome anxiety. The program uses Cognitive Behaviour Therapy (CBT) techniques to give parents effective tools and strategies to assist their child.

The program covers topics including:

- Understanding anxiety and shyness in preschool children,
- Helpful and unhelpful ways of responding to anxiety in children,
- How to gradually and gently teach your child to face their fears,
- Skills and strategies to help your child build brave behaviours and face fears,
- Dealing with setbacks and difficulties,
- How to maintain progress after the program ends.

Fee and Rebates:

Fee - \$290 – per each individual session.

In addition, at the first session there is a \$24.95 fee for the parent workbook.

Payment is made on the day of the consultation.

MEDICARE: Medicare rebates may be available if referred by a general practitioner, paediatrician or psychiatrist.

PRIVATE HEALTH FUND: Private health funds may provide rebates for psychological services depending upon your level of cover.

NDIS: Michelle is not a registered NDIS provider, Self-managed clients may be eligible for a rebate.

