

BASE CAMP PARENTING

Worry Less to Help Your Kids More

Shift from worry and over-managing toward calm, connection and confident coping.

TUESDAY, DECEMBER 15, 2026

10 - 11 am DC time

Hybrid session: WBG MC Building, Room MC 4-100 / MS Teams

**Worrying may feel inevitable, especially for parents.
But what is its impact?**

Join Susan Bauerfeld, PhD, and Chris Parrott, CPsychol, authors of ***Base Camp Parenting: Worry Less to Help Your Kids More***, to learn about the downsides of worrying, the benefits of worrying less, and strategies for shifting away from worried thinking. All skilled worriers welcome - non-parents, parents, grandparents, and caregivers.



AFTER THIS SESSION, PARTICIPANTS WILL BE ABLE TO:

- Describe the difference between concern and worry.
- Discuss ways in which worrying interferes with healthy functioning and child development.
- Use four steps to shift attention away from worried thinking.

Join Teams

Meeting ID: 287 012 305 999 87

Passcode: Jz9zV9UT

For World Bank Group and IMF Staff
and family members.

Co-sponsored by HSD and the WBFN



WORLD BANK
FAMILY NETWORK



WORLD BANK GROUP
Health & Safety Directorate