

Relax, Tricia's program really works to calm stressed kids

Ainsley Dobson

A BRISBANE mum has potentially found the answer to calming 15 children at a time using simple relaxation techniques.

Mother-of-two Tricia Riordan created the eight-week Calm for Kids program when one of her daughters showed signs of stress and had trouble sleeping.

"I started talking to other parents whose kids were having the same problems and nobody knew what to do," she said.

Ms Riordan sought the assistance of a yoga instructor, who helped her design a series of relaxation classes based on similar models in the UK.

Calm for Kids targets children under 12 and will become available to primary schools in Brisbane from Monday.

The classes include breathing exercises, gentle stretching, calming music and meditation.

These natural techniques can resolve children's sleeping problems, sadness, anxiety, bed-wetting, stomach pains and hyperactivity.

Ms Riordan said children were now more stressed than ever.

"Parents are weighed down by household and financial stress, which children pick up and add to with stress caused by divorce, school and the pressure to achieve," Ms Riordan said.

"We want to see our kids achieve... but we don't give them time to just unwind."



SERENITY NOW: Instructor Tricia Riordan with Holly Wright, 7, (left) and Jakadi Newberry, 10, at a Calm for Kids class.

Picture: Sarah Marshall