

# WHAT HAS A MEERKAT GOT TO DO WITH CHILDHOOD ANXIETY?

- JANE EVANS



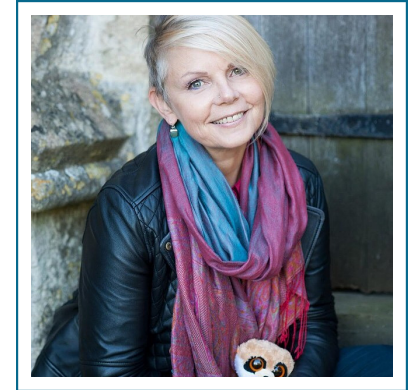
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## Resource Guide

# About Jane Evans

**Jane** began working in early years care and education 22 years ago as a supervisor in a pre-school, she loved it! She also worked in a pre-school for children with complex physical, learning and emotional needs and was a childminder and respite foster carer. The children taught her so much and encouraged to study their development and needs so she could better support and care for them.

Jane now regularly delivers training to Early Years settings and speaks at conferences focusing the impact of childhood trauma and anxiety on early development. She is the author of four children's books for Jessica Kingsley Publishers addressing topics from domestic violence to anxiety.

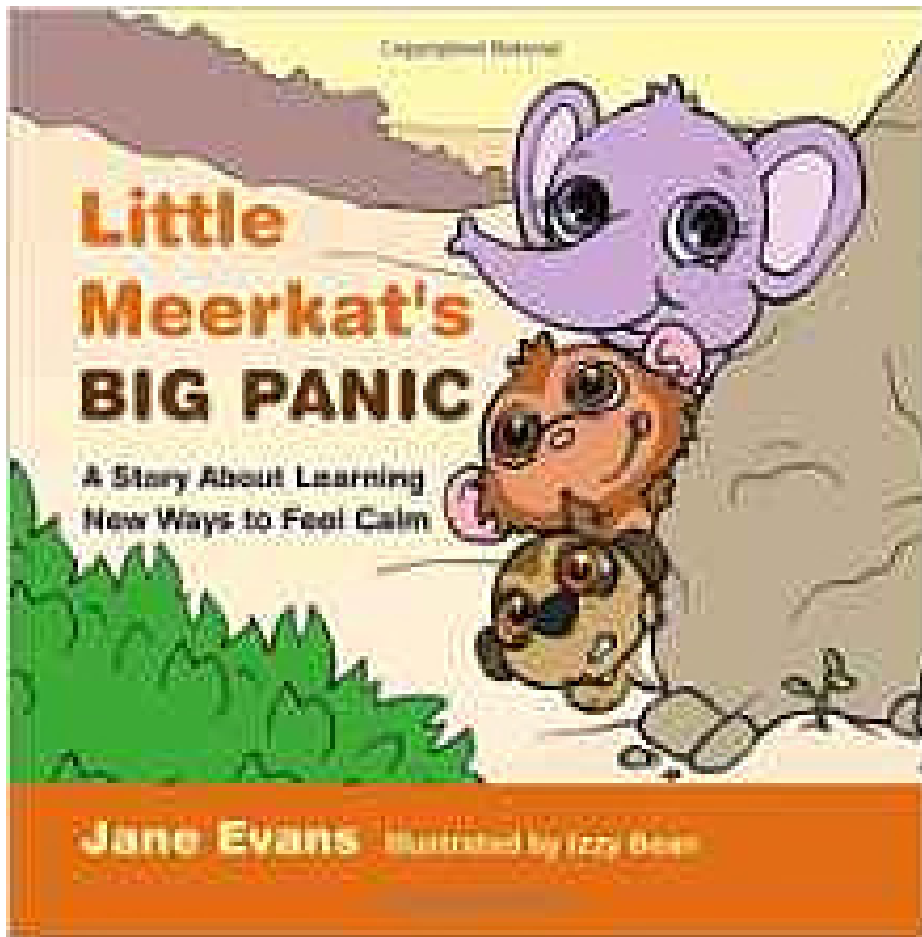


**Jane Evans**



# BOOK

## Little Meerkat's Big Panic



**Ways to teach and help children to feel calmer – a lovely story to use with children prone to anxious feelings**

Once upon a time there was a Little Meerkat with a very important job to do. Today was the day when Little Meerkat finally took a turn at being the lookout Meerkat – watching for dangers to protect the Meerkat gang. It was all going well until Little Meerkat fell asleep and woke up to find everyone had disappeared! This sent Little Meerkat into one very big panic. With help from Small Elephant and Mini Monkey, can Little Meerkat calm down and find the missing Meerkats?

This playful full-colour storybook shows children aged 2-6 easy ways for them to calm their body and brain when feeling anxious. It also includes guidance for parents or professionals on the neuroscience behind the strategies, and how they can use the book to help children.

**[CLICK HERE FOR MORE DETAILS](#)**



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Video 



**Click the image above to watch Jane's Video**

# Contact Jane

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