**WHAT IS BRAVE?**
An ongoing community-engaged project focused on the prevention of anxiety problems and difficulties when children enter kindergarten.

**GOALS OF THE STUDY**
- To create a culturally sensitive intervention that will lower stress and anxiety problems for children as they enter school.
- We will use what we learned from these studies to design a program that makes school entry less stressful for children and families. This will increase success in school.

**WHAT HAVE WE DONE?**
- Held focus groups with parents and professional to find out what is associated with fearful, anxious behaviors in children in Harrisburg.
- We discussed strengths, such as things that protect children from anxiety, and risks, such as things that increase anxiety in children.

**WHAT ARE WE DOING NOW?**
- Partnering with Capital Area Head Start Staff at Foose and Granite Schools.
- Survey with parents of children ages 3-6. Goal of 100 families.
  - 33 families so far 9 boys, 24 girls
  - Average child age = 4.85 years (range 2-6 years)

**WHAT ARE WE FINDING?**
1. Anxiety is a very common problem for children in this study.
   - Children are anxious about being away from parents
   - Children are anxious around other children.
   - Children are anxious about school.

2. Strengths:
   - Supportive parents and families
   - Good emotion and relationship skills
   - Resources in school

3. Risks:
   - Poverty
   - Parents’ stress
   - Violence in community

4. Partnering with the teachers has been very helpful in getting parents interested in the project.

**WHO IS PARTICIPATING?**

**¿FACTORES A CONSIDERAR?**

**¿ES “BRAVE”?**
“Brave” is a project community in course, focused in the prevention of problems of anxiety, ocasionados by the difficulties that children face entering the kindergarten.

**METAS DEL ESTUDIO**
- Creating an intervention culturally sensitive to the needs of the child, with the objective of reducing stress and anxiety problems for children in the infantile age.
- With the miras to increase students' success in school.

**¿QUÉ TRABAJO HEMOS REALIZADO?**
- Organize groups of enfoque, with the intervention of parents and professionals, with the objective of discovering the causes of behaviors caused by fear and anxiety in children.
- Two main topics in the discussion: fortalezas, the factors that help to protect the child against anxiety and risks, are to identify the elements that increase anxiety in children.

**¿QUÉ ESTAMOS HACIENDO ACTUALMENTE?**
- Working in collaboration with “Capital Area Head Start Staff” in the schools “Foose” and “Granite”.
- Realize a study with parents of children of 3-6 years of age. Our goal is to carry out an evaluation with 100 families.
  - Studies realized to this day: 33 families, 9 boys and 24 girls.
  - Average child age: 4.85 years (range 2-6 years).

**¿CÓMO HAN SIDO NUESTRAS CONCLUSIONES?**
1. The anxiety is a problem is quite common among children who participate in our study.
   - Children experience more symptoms than other preschoolers.
   - Symptoms of anxiety at the separate of their parents.
   - The children experience anxiety at the separate of their parents.
   - The children experience anxiety at the separate of their parents.

2. Fortalezas:
   - Support of parents and families
   - Relationships and emotional support
   - Disposition of resource in the school

3. Risgos:
   - Poverty
   - Parents’ stress
   - Violence in the community

4. The work of collaboration between the maestros has been of great help to learn the interest of the parents in the project.

We extend a special thank you to participants and the community organizations that have helped us with this project.

Extendemos nuestro más sincero agradecimiento a las organizaciones de la comunidad que nos ayudaron con este proyecto.

Capital Area Head Start, Kingdom Embassy & Holistic Hands CDC, YMCA, Lourdes House Maternity Home, It Takes a Village, Christian Churches United [HELP Office], Perform Care, The Meadows, Tri-County Community Action, Keystone Community Services, Parenting Solutions, Dauphin County Mental Health Services, Hamilton Health Center, Dauphin County Housing Authority, City of Harrisburg