



Supporting your child with Behaviour

The session will be delivered by
Our Emotional Wellbeing Practitioner: Verity Lloyd

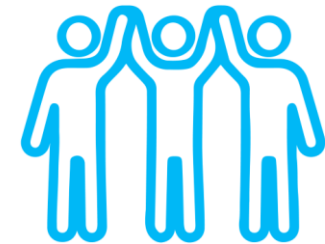
We would like to invite you to a parent workshop we are running at Chilton on:

Tuesday 1st March 2022

9:00—10:00

The session will cover:

- How to understand child's behaviour
- How do children express their feelings
- Strategies to support your child's behaviour
 - Emotion-regulation strategies
 - Parental self-care



[Please click here if you would like to take part in the parent workshop](#)

***A Teams link will be made available to those who wish to attend from home**

