



## Workshop for Parents: Understanding your child's emotions

- **Date:** Tuesday 26<sup>th</sup> March
- **Time:** 9.30am with coffee available from 9am
- **Venue:** Roxton Primary School

We are able to accommodate a small number of children if alternative childcare arrangements cannot be made.

The session will be around 90 minutes and aims to:

- ✓ To better understand your child's emotions
- ✓ To enable you to support your child to understand their emotions
- ✓ To explore ways you may help your child to regulate their emotions

*Please note this workshop is aimed at parents with children age up to 12*

If you are interested in attending this workshop please go to the following link.

Link: <https://www.eventbrite.co.uk/e/roxtton-tickets-58244035478>

Password: Roxton

You are not required to print your ticket, however booking is essential as spaces are limited.



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