



PARENT WORKSHOPS

Led by Hampshire Primary Behaviour Services

We are pleased to invite parents and carers to attend two supportive and practical workshops designed to help you better understand and support your child's emotional wellbeing.

BIG EMOTIONS

Thursday 5th March | 6–8pm

- Gain strategies to support your child through challenging moments
- Learn de-escalation techniques to defuse tense situations
- Discover effective ways to communicate and connect with your child
- Implement fair and constructive consequences and boundaries
- Decode children's behaviour and respond with empathy
- Cultivate strong bonds and enhance emotional connection with your child

MANAGING ANXIETY

Thursday 12th March | 6–8pm

- What anxiety is and how it can present in children
- Possible triggers for anxiety
- How parents can support emotional regulation

VENUE & BOOKING

Small Hall, Whitchurch Primary School

These are open sessions and parents can simply turn up on the evening. But to help us with planning, we kindly ask that you complete the short form below:

<https://forms.office.com/e/JRaTfhqNKp>

All parents and carers are very welcome. We look forward to seeing you.