

Parent Workshop

Routines and Rhythms

This workshop covers:

The importance of routines, boundaries and sleep to support children's social, emotional and mental health.



Aims and objectives:

Build a greater understanding of why boundaries, routines and sleep support children's emotional and behavioural development and how to effectively use boundary setting and routines to support children's development.

Speak to your school reception to book your space.



Parent Workshop

Helping your child with anxiety

This workshop covers:

How to respond to and support your child with regulating and managing their anxiety whilst being compassionate to yourself as a parent.



Aims and objectives:

Build a greater understanding of anxiety.
Learn what anxiety in children looks like and develop techniques/strategies to respond to anxious behaviours and anxiety symptoms.

Speak to your school reception to book your space.



Parent Workshop

Behaviour as a form of communication

This workshop covers:

How to recognise different types of behaviour to understand what your child may be communicating. How to respond to behavioural communication to decrease stress and increase safety.



Aims and objectives:

Build a greater understanding of behavioural communication, the different types of behaviours children and young people display and develop a tool kit to respond to their communication.

Speak to your school reception to book your space.

