



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.

> <u>Speak to your school reception to book</u> <u>your space.</u>







MHST resources and support





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.

<u>Speak to your school reception to book</u> <u>your space.</u>

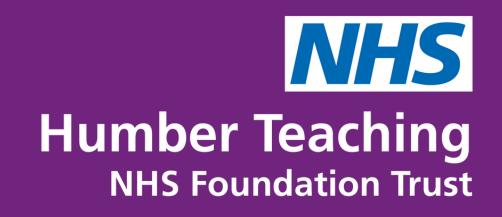






MHST resources and support





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 comunication, the different types of behaviours children and young people display and develp a tool kit to respond to their communication.

> <u>Speak to your school reception to book</u> <u>your space.</u>







MHST resources and support