

Workshop for Parents: Understanding your child's emotions

- **Date:** Thursday 21st March 2019
- **Time:** 9.30am with coffee available from 9am
- **Venue:** Great Ouse Primary Academy

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 years.

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

Link: <https://www.eventbrite.co.uk/e/great-ouse-tickets-57710929945>

Password: Greatouse

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