

# Supporting Your Child's Emotional Wellbeing

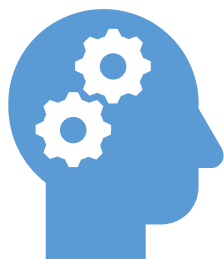


## Who is this workshop for?

Parents of children aged 5-11 wanting to learn information and strategies on how to support their child's emotional wellbeing and support their child to emotionally regulate.

## What will be covered?

- What are emotions and why do we have them?
- The Fight, Flight and Freeze Response
- Recognising, Labelling and Normalising Emotions
- General Emotional Regulation Strategies
- Specific Emotional Regulation Tips for Anger, Anxiety and Feelings of Sadness
- Additional resources



## What will I learn?

- How our brains are linked with emotion and how thoughts, feelings and behaviours interact
- Strategies to support your child to recognise, label and regulate emotions and maintain general wellbeing
- How to support your child to effectively problem solve and manage their thoughts

## Dates

All workshops are via MS Teams



Wednesday 22<sup>nd</sup> September 2021

10am – 12pm

<https://www.eventbrite.co.uk/e/supporting-your-childs-emotional-wellbeing-and-ability-to-self-regulate-tickets-166653979539>



Tuesday 19<sup>th</sup> October 2021

6pm – 8pm

<https://www.eventbrite.co.uk/e/supporting-your-childs-emotional-wellbeing-and-ability-to-self-regulate-tickets-166654352655>



Tuesday 23<sup>rd</sup> November 2021

10am – 12pm

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