

Feeling frustrated by
your child's behaviour
and looking for support?



PARENT & CARER WORKSHOP



Find strategies to help you understand
and support your child's behaviour

- Find out where behaviour comes from
- Get everyone in the family talking and listening to each other
- Understand why your child gets angry or upset and how to help them calm down
- Learn how your body language can help calm difficult situations
- Find strategies to change patterns of behaviour
- Get ideas and inspiration to try at home

Date: Thursday 7th December

Time: 9.30-12.30

Location: Cluster Office based at Churwell Primary School

Contact: Nicola Pearson – 07891277342