

EMOTION REGULATION WORKSHOP FOR PARENTS



Aims

Aimed at helping parents and carers in supporting their child's emotional regulation. It aims to understand what makes emotional regulation challenging and recognising what happens when children experience big emotions. This workshop covers what emotional regulation is and why it matters, the role of the nervous system, and simple practical strategies parents/carers can use daily to support children to regulate their emotions.



90 minute in person workshop

DATE: Tuesday 1st December

TIME: 09:00-10:30

LOCATION: Oliver's Battery Primary School

We are the Winchester Mental Health Support Team (MHST), and we work closely with children, parents, and school staff to support emotional wellbeing across our partner schools. Alongside offering 1:1 support through school referrals, we also deliver a range of workshops designed to build confidence, understanding, and practical skills around children's mental health.