



Understanding Your Child's Brain to Manage Their Behaviour

Clinical Child Psychologists provide a two-part **online workshop** to give parents/carers an understanding of the brain and how its development is important for how we help children and young people manage emotions. This workshop is aimed at parents of children under 10 years of age, who become easily overwhelmed with emotions, and often scream, shout, tantrum and 'lash out' verbally. It is also useful for parents who are looking to know what to do to prevent their children feeling emotionally overwhelmed in the future.

The first session parents will be told about activities to practice at home with your child and handouts will be provided. Then session 2 will be used to talk about how these activities helped and/or, iron out any difficulties you might have had putting them into place.

Dates: 2nd June & 30th June

Times: 18:00- 19:30.

To book: <https://www.eventbrite.co.uk/o/beyond-psychology-15624384418>

Cost: FREE (Funded by NHS Heywood, Middleton & Rochdale CCG, therefore this workshop is intended for people living in these areas)

www.beyond-psychology.co.uk
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