

## Helping Parents Understand Emotions & Behaviour in Children with Complex Needs

Clinical Psychologists deliver a 2-Part 90-minute **online workshops** to help parents understand their child's emotions, sensory needs and behaviour. Helping parents understand how to manage and help their child with emotions and behaviour is the best strategy for preventing difficulties in the future. These workshops focus specifically on the needs of children who display social difficulties, attention & concentration difficulties and/ or attachment difficulties.

We explore some practical skills and approaches, to enable you to help your child manage their emotions and behaviour.

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:** 23<sup>rd</sup> June & 21<sup>st</sup> July

**Times:** 10:00am – 11:30am.

**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)**