

# Smith's Wood Primary Academy would like to invite you to a free online workshop:

## Understanding Your Child's Emotional Wellbeing

*for parents and carers of children aged 4 – 11*

**Run by Solar, the workshops will be split into two separate sessions, one for parents/carers of children aged 4-7 and another for parents/carers of children aged 8-11.**

The workshops will offer parents and carers the opportunity to learn more about their children's emotional wellbeing and emerging mental health problems as well as providing techniques and strategies to support your child to better manage emotional wellbeing

### Themes explored include:

- What is emotional wellbeing?
- The link between thoughts, feelings, and behaviours
- Avoidance and safety behaviours
- Parental responses
- Grounding, refocusing and calming techniques

The workshops will be hosted by two trained facilitators based in the Mental Health Support Team at Solar on Tuesday 11<sup>th</sup> May 2021. Details of how to access the workshops are below.

***Our school SENCO and Deputy Senco, Mrs Taylor and Miss Owen, will also be attending the workshops. They will then be able to support you with any questions you may have***

**Parents/Carers of children aged 4-7 – Tuesday 11<sup>th</sup> May from 1pm – 2pm.**

**Parents/Carers of children aged 8-11 – Tuesday 11<sup>th</sup> May from 2pm – 3pm.**

To access the workshop, please use the following zoom link

<https://us04web.zoom.us/j/73117193541?pwd=ek45bnhhUUF0cUZxUGxVdFRqYldlZz09>

Meeting ID: 731 1719 3541 Passcode: smiths01

Please be aware that the workshops will be recorded

