

Would you like to know more about how to help your child stay calm and understand why they sometimes find this difficult?

Then, why not come along to our virtual session!

HOW TO SUPPORT YOUR CHILD WITH THEIR EMOTIONAL REGULATION

For parents of children up to 10 years old

 **8/2/24 and 18/4/24 9.30am – 11.30am**

(These are the same seminar repeated half termly so you only need to join one).

The session will include useful information about understanding brain development, emotions and how to sensitively support your child to soothe them

**HOW TO BOOK**

**Visit Facebook page: Start Well Stockport**

**or website:** [**www.startwellstockport.co.uk**](http://www.startwellstockport.co.uk)

**or email the admin team -** **admin.startwell@stockport.gov.uk**