



All Souls' Church of England Primary School

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Headteacher: Mrs Ransley
Deputy Headteacher: Mr Day



Friday 22nd November 2019

Dear Parents/Carers,

Emotional Regulation Workshop in collaboration with The Contented Child Tuesday 14th January 2020 1.15pm to 3pm, at All Souls' School.

We are delighted to announce that we will be working with Niki Green from The Contented Child to deliver this workshop to parents.

Are you the parent/carer of a child who struggles to regulate their emotions and is often misunderstood as a result?

This workshop is designed for parents of school-aged children with difficulties tolerating and expressing their feelings, leading to outbursts and other displays of overwhelming emotion. Attendees will learn about emotional dysregulation in children and the role of biological and environmental factors.

Practical strategies and resources to support children in understanding and managing their emotions and resulting behaviours will be shared and discussed, as well as strategies for promoting your child's wellbeing.

Please note that this is for parent/carers - NOT the child.

There is limited availability so early booking is advised.

If you are interested in attending, please complete and return the booking form below by Friday 13th December 2019. A hard copy is available from the school office. Confirmation of your space will be sent by email as soon as possible.

Kind regards

Mrs Hart
Inclusion Lead

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Parent Name:

Number of Attendees:

Child Name:

Class:

(Please note non parent/carers will be charged £10)

