



# PARENT/CARER WEBINAR

## HELPING YOUR CHILD MANAGE BIG EMOTIONS

Is your child finding big feelings hard to manage? Are they becoming upset, angry or worried, or finding it hard to calm down after things go wrong? The MHST might be able to help. This webinar is suitable for parent/carers of children up to 12.

In this 1 hour live session we will:

- Explore emotional regulation
- Understand triggers and early warning signs
- Share ways to support your child to calm and cope
- Offer practical strategies you can try at home

 Tuesday 24th Feb

 5pm-6pm

 Online event



 For more information and to sign up: <https://bit.ly/4rKSObv>