



Do you struggle when your child has a meltdown?

Would you like to know more about how to help your child stay calm and understand why this happens?

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

9/3/23, 4/5/23, 6/7/23, 7/9/23 and 9/11/23 9.30am – 11.00am

(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

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