

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

20th June 2024

19th September 2024

7th November 2024

(You only need to book on one session)

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: @StartWellStockport

or website: www.startwellstockport.co.uk

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



www.startwellstockport.co.uk

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Start well, live well and thrive

Working together with communities to support children, young people and families.

Do you struggle with your child's disrupted sleep?

Do you have a child aged 2 – 10 years of age?

Then the Parenting Team would like to invite you to come along to

OUR VIRTUAL SLEEP SEMINAR ON:



Thursday 4th July 2024

10th October 2024

12th December 2024

9.30am – 12 noon

via Microsoft Teams

(You only need to book on one session)



The session will include useful information about understanding sleep cycles, establishing bedtime routines, and how to support children's sleep patterns. We will provide you with some helpful handouts that will support the session

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