

# Parent Workshop: Behavioural Difficulties (part 2)



## Ealing Mental Health Support Team

Would you like to understand more about **behavioural difficulties, emotions and some strategies** on how to manage some behaviours? We will revisit strategies and theory covered in Part 1, and share **new strategies** that you can put in place at home including **how to use effective instructions, consequences and setting expectations**. These strategies can help support your family to communicate in a more positive and effective way, improving family relationships and children's behaviour.

### Who?

The Ealing MHST is a service designed to **support the wellbeing of children and young people in education settings**, aiming to provide evidence-based support at the earliest signs of difficulties and promote life-long positive mental health.

### What?

We are offering a workshop providing information to help you **understand and manage your child's behaviour**. Grab a hot drink and a biscuit - there is an accompanying resource pack so you don't need to take notes!

### When?

The workshop will take place on **Tuesday 13<sup>th</sup> December at 10am via Microsoft Teams** video conferencing software. The workshop will last one hour with a 45-minute presentation followed by 15 minutes for questions.

### How?

Please sign up for the workshop by **clicking this link**. We will then use your details to email you the resources after the workshop.

The workshop can be **accessed using this link (Click here to join the meeting)**. Microsoft Teams can be downloaded as a free app for phones, iPads/tablets or laptops/desktop computers. We ask that you kindly mute yourself during the presentation and then we will invite you to unmute in the last 15 minutes. Feel free to add questions in the chat box as we go.

