

Parent Workshop:

Returning to school and managing difficult behaviour

Ealing Mental Health Support Team



Would you like to understand more about returning back to school from the Christmas break and re-engaging back into routines and supporting your child through this time? We will introduce emotional regulation techniques to support the family in returning back to school routines.

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 and supporting them through their return to school**. 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 31st of January at 12pm via Microsoft Teams** video conferencing software. The workshop will last one hour with a 45-minute presentation followed by 15 minutes for questions.

How?

The workshop can be **accessed using this link** [Click here to join the meeting](#)

Or you can sign up by [clicking this link](#) and we will send an email reminder with the workshop link closer to the date.

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.

