

## Understanding Your Child's Brain to Manage Their Behaviour

Clinical Child Psychologists provide a two-part workshop to give parents/carers an understanding of the brain and how its development is important for how we help children and young people manage emotions. This workshop is aimed at parents of children under 10 years of age, who become easily overwhelmed with emotions, and often scream, shout, tantrum and 'lash out' verbally. It is also useful for parents who are looking to know what to do to prevent their children feeling emotionally overwhelmed in the future.

The first session parents will be told about activities to practice at home with your child and handouts will be provided. Then session 2 will be used to talk about how these activities helped and/or, iron out any difficulties you might have had putting them into place.

Arrive 5-10 minutes early to enjoy the refreshments available.

**Dates:** Various dates and times throughout September 2018 – April 2019 (see our Facebook page or Eventbrite for specific dates and times).

**Venue:** Various venues in Rochdale, Heywood and Middleton.

**To book:** [Eventbrite.co.uk](http://Eventbrite.co.uk) – search for 'Nurture Psychology Service' and select a ticket to book on these workshops.

**Cost:** FREE (Funded by NHS Heywood, Middleton & Rochdale CCG, therefore this workshop is intended for people living in these areas)

[www.nurture-psychology.co.uk](http://www.nurture-psychology.co.uk)  
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