

## **Do you ever feel you are about to explode? That your child might too? We can help turn tantrums into calm connections**

Presented by Advisory Teacher, Linda Willmott and Family Worker, Jeff Cornish from the Social, Emotional and Mental Health Team

**A free, informal workshop for parents and carers of Devon Primary School age children**

**This event will be held virtually on Tuesday 22<sup>nd</sup> March 2022 at 10am - 11.30am**

There are times when we all feel overwhelmed with our emotions. Children feel like this too. In this workshop, we will explore why your child behaves in the way that they do; how you can respond to help them calm and how to re-connect to strengthen your relationship with them. We will also offer some specific de-stressing techniques that both you and your child can start using straight away.

We are joined by a parent who will share his own experiences of family life and the transformational impact it had on his family when he changed his approach as a parent.

Come and join us to find out how you can help build a healthier relationship with your child and develop a sense of inner calm.

To book your free place, please email Sue Vanstone  
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