



## Woodside Primary School



**You are warmly invited to our Parent/ Carer Workshop**

**'Helping your child to be their best – at home and at school'**

**Friday 28<sup>th</sup> February 2025 at 9.15am** in the nurture room



Does your child struggle to handle big emotions? Do you sometimes worry about how best to support your child/ren?



**Ben Waterworth**, from Beacon School Support, will be running this interactive and informative workshop for parents/ carers.

The session will run from 9.15am – 10.15am and is open to all parents/ carers who are interested in supporting their children in a variety of ways, including confidence, resilience and handling emotions, such as anger or worry.

Ben will share strategies and ideas that you can take away and use at home. There will also be time to speak to him individually and ask any personal questions you would like answering.

Refreshments will be available.

We look forward to seeing you.

***My child seems to be anxious all the time. What can I do to help?***