



SBAP Parenting Workshop

Understanding Challenging Behaviour in children

Starts Thursday 18th April at 12:30pm

A chance for parents to come together to share experiences and learn how to support a child who displays negative behaviour.

The sessions are designed to be convenient to all, only lasting 45mins and meeting once a week for 6 weeks online via teams.

What the workshop will cover:

- What negative behaviour looks like
- Why negative behaviours are displayed
- How emotions can trigger negative behaviour
- Strategies to support challenging behaviour
- How to ensure parents are looking after themselves

Please contact your school office to sign up