## Southampton Mental Health in Southools Team (MHST)



## **Managing Challenging Behaviour**

## A Workshop for Parents & Care Givers

Does your child show challenging behaviours at home?

Do you want to learn tools to manage these behaviours?



All children show behaviours which can be difficult to understand and manage at times, we all use behaviour as a way to communicate.

It can be difficult for parents/care givers to know how best to support children during these times of challenge.

This workshop is for parents and caregivers to understand more about why children show challenging behaviours and learn some tools which help with managing behaviour at home.

Who: All Parents and Care Givers are welcome
Where: Fairisle Junior School

When: Wednesday 24th January 24

**Time:** 1:30-3:00

What do I need to bring: Just yourself, however you are welcome to bring note paper and a pen if you would like.

## What to do if you would like to attend this workshop?

Please speak to the Tracey Rankin if you would like to attend, this is just to get an idea of numbers.

Call the office or Email – info@fjslive.net.

