

# SOUTHAMPTON MENTAL HEALTH IN SCHOOLS TEAM

## Understanding Behaviour

### A Workshop for Parents and Carers

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

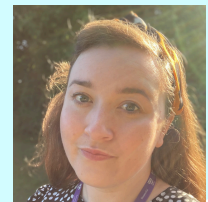
It can be difficult for parents/carers to know how best to support children during these times of challenge.

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



#### Meet the facilitator - Nikki

Hi, I am excited to meet you at the workshop.



**Thursday 27<sup>th</sup> November 2025**

1:25 arrival - 1:30-3pm workshop.  
Fairisle Junior School.

Please complete the google forms so that we have a rough idea of numbers.