

Two **FREE**
workshops for
parents led by the
Primary Behaviour
Service



Venue
Heatherside Junior
School
Reading Road South,
Fleet GU52 7TH
Time: 5.30pm - 7pm

Please complete the [ONLINE FORM](#) by
midday on 1st May, if you would like to attend either of the sessions

'Supporting an Anxious Child' Parent Workshop **Wednesday 6th May 2026**

Join us for an informative and reassuring workshop designed to support parents in understanding and responding to childhood anxiety. This session will help parents feel more confident in supporting their child emotionally and behaviourally. You will have the opportunity to connect with an experienced behaviour support teacher (also a parent) from the Primary Behaviour Service, who works closely with schools and families supporting children with anxiety.

Aims of the workshop:

- Develop a clearer understanding of how anxiety presents in children and how it can affect behaviour.
- Learn practical strategies to support your child during anxious moments.
- Explore techniques to help reduce avoidance and build confidence safely and gradually.
- Learn calm, supportive communication strategies that help children feel understood and reassured.
- Gain practical tips to support emotional regulation and promote coping skills at home and school.

This workshop will offer practical advice, reassurance, and realistic strategies to help families support children with anxiety and create a calmer, more supportive home environment

'Managing Big Emotions' Parent Workshop **Wednesday 10th June 2026**

Join us for an insightful workshop designed to empower parents in understanding and managing their child's behaviour effectively. By attending this workshop, you will have the opportunity to connect with two experienced behaviour support teachers (who are parents themselves) from the Primary Behaviour Service, who understand the challenges of parenting and whose role it is to work with school communities to help support all children

Aims of the workshop:

- Gain strategies to support your child through challenging moments.
- Learn de-escalation techniques to defuse tense situations.
- Discover effective ways to communicate and connect with your child.
- Practical tips and advice to navigate big emotions and foster a harmonious family dynamic

There will be limited childcare spaces for Heatherside children (if you have no other option and would like to attend) - please indicate on the form