



Parent Workshop: Emotional Literacy and Worry Management

Monday 4th April @ 2pm
Alvaston Infant and Nursery School

Join the Changing Lives Mental Health Support Team, where we will talk about strategies to help support your child's emotions and worries.

How to discuss emotions with your child

Understanding worry and how to recognise the signs of worry

Strategies to support your child with worry



If you would like to attend the workshop, please can we ask you to put your name down at the school office.

