



## To all Parents and Carers



We would like to invite you in to school to attend a Co-regulation Workshop being held by Santina Welch from the Mental Health Support Team. The workshop will take place on **Tuesday 6th February 2024 at 8.45am**. Please come to the school office at 8.45am to be signed in. It is estimated that the workshop will be finished by 10.15am.

Come along and explore what regulation is, and how you can support your child to become more aware of their emotions and use regulation skills. We will also cover a range of techniques to practice with your child at home to reinforce positive behavior and give your child support and encouragement as they learn.

We hope many of you are able to come and we look forward to seeing you.

