



## **Session 4**

### **Emotions!**

#### **How can I help my child better understand and express them?**

Helping your child to manage their emotions, recognise what they are feeling and what they can do to self-soothe is a complicated business! The session will give you ideas and resources to help!

Come along for a cuppa and a natter, get to know other parents/carers and leave the session with more knowledge and understanding and the confidence to give the strategies I suggest a go.

**Where?** Crawforddyke Primary School

**When?** Tuesday 20<sup>th</sup> February 2024 6.00pm – 7.30pm

**See you there!**

Go to our website to find out a bit more about Anne!

<https://love-autism.co.uk/>

**If you are supporting a child or young person experiencing these difficulties, please come along and find out what more you can do to help them! Anyone within the Clydesdale Learning Community is welcome to attend.**

