

Supporting Resilient Children

Spotting the Early Signs of Worry or Low Mood

What you'll learn

- How to spot early changes in mood, play, or behaviour that might signal worry or low mood.
- How to respond with calm curiosity and connection instead of fear or frustration.
- How to build your child's emotional vocabulary and resilience through everyday moments.
- How to look after your own wellbeing so you can support your child from a place of strength.

Coppice Valley Primary School



Monday 24 November



Hall Door Opens
6pm-7pm

- Open to all parents and carers of children in Reception to Year 6.
- Free to attend.
- Book Here - [Booking Form](#)

Thank You.