

Does your child get upset easily? Do they give up or refuse to complete tricky activities? Would you like to learn how to help your child overcome these difficulties and support them in building their resilience?

If you are interested in booking a **FREE** place on this course, please let us know by completing [this Google Form](#). Places will be allocated on a first come, first served basis so please note that completing the form does not guarantee you a place - we will get back to you to let you know that you have a space.



Aims of the session:

- To learn about resilience and its importance in child development.
- To reflect and generate ideas to be positive role models of resilience.
- To develop an action plan that will kick-start the process of building resilience in your child.

Me and my Child: Understanding Resilience



EMOTIONAL WELLBEING TEAM

Wednesday 6th October 2021
1.30pm
South Borough Primary School

