



SEMHS

Social, Emotional & Mental Health Service

Special Educational Needs
and Disability Information,
Advice & Support Service

sendiass

Supporting children and young people to manage their emotions

SENDIASS is hosting a relaxed online session for parents and carers exploring ways to help your child to understand and manage their feelings. We will also explore strategies which schools may use, and how they can access advice to enable them to support your child.

The presentation will be delivered by specialist teachers from Suffolk's Social, Emotional and Mental Health Service. This is one of the five Specialist Education Services (SES) in Suffolk, which support schools to support pupils with different special educational needs.

The session will explore:

- what your child's behaviour may be communicating
- strategies to support your child
- what can lead to meltdowns and how to support your child during and after a meltdown
- strategies schools may use and how they can access advice to help them support your child.

17th May 2023 10am – 11:30am

[Click to register](#)

What parents have said about previous SES sessions:

'This has been brilliant – thank you!'

'So helpful – much appreciated 😊'