



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 repeat of an online session for parents and carers held earlier this term exploring ways to help your child or young person to understand and manage their feelings. Also explores strategies which schools may use, and how they can access advice 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.

6th July 2023 10am – 11:30am

[Click here to register](#)

What parents said about this session:

“Really informative session and has given me a completely different outlook on how to deal with my sons 'meltdowns.’”

“Really great session and lots of ideas to take away.”