

# Managing Challenging Behaviour workshops with Trailblazers

The Trailblazers will be hosting four Managing Challenging Behaviour Workshops, offering support and advice to parents around common childhood behaviours which can be challenging to manage.

The Trailblazers are a Mental Health Support Team working with Haringey Schools to support the emotional wellbeing of children. Amy is an Educational Mental Health Practitioner supporting Rokesly Infants and Nursery. She is trained in evidence-based approaches for a range of wellbeing concerns including anxiety, low mood and behavioural difficulties.

In each session we will talk about challenging behaviours your family may experience, what may drive these behaviours and how to support your child.

? Talk to Rachel about any questions

## Some topics covered include;

- Understanding challenging behaviour
- The importance of play
- Use of praise and rewards
- Helping your child to follow instructions
- Emotional regulation
- Strategies to help with managing challenging behaviour

EXPRESS INTEREST  
VIA

SurveyMonkey®

<https://www.surveymonkey.com/r/7NV66BY>



Tea and coffee  
provided



**Date:** Starts Thursday 11th January 2024

**Time:** 9:00 - 10:00am

**Location:** Rokesly Infants and Nursery Hall

