



SPACE

Supporting parents and children emotionally

SPACE is a new **free** programme for **any parent or carer** who wants to better understand and support their children's emotions, as well as their own.

- Understanding what is meant by a Trauma Informed approach
- Understanding toxic stress and the flight/fight response
- Practical approaches to support children to regulate their emotions
- Healthy coping strategies for dealing with stress
- Managing different emotions
- Understanding behaviour
- Building resilience in ourselves and our children
- Adopting appropriate expectations of children
- Enhancing your ability to provide nurturing care



To register your interest or find out more, please email