



# Supporting Children to Regulate Workshop

This workshop aims to build on parents/guardians/carers' understanding of the physiological processes that happen when we and children feel strong emotions.

Ideas for practical strategies that can help children and young people to regulate will be shared.

The aim of this workshop is for parents/guardians/carers to feel more confident:

- Supporting their children to regulate for improved wellbeing.
- Trying out strategies that might help their children regulate.



**When:** Monday 21st July 2025 10am-11am

**Where:** Citizens Advice Mid Mercia, 114 Church Street, Church Gresley, Swadlincote, DE11 9NR

**Who:** Parents/guardians/carers of children and young people that live in South Derbyshire.

**To book:** call 01332 228744 or email [ch@citizensadvicemidmercia.org.uk](mailto:ch@citizensadvicemidmercia.org.uk) for more info