



'Big Feelings' & 'Growing Brains' Online Workshops

For parents with primary aged children

Understanding Your Child's Behaviour and Emotional Development

Ever wondered *why* your child acts out, melts down, or doesn't listen, no matter how many times you ask? This practical and supportive workshop will help you understand what's going on in your child's brain and how their behaviour is often a message, not misbehaviour.

We'll explore how the brain grows, why big feelings can take over, and how parents can respond in calm and helpful ways.

In this workshop, you'll learn how to:

- Understand your child's brain and behaviour
- Make sense of BIG emotions
- Respond with connection instead of conflict
- Look beneath behaviour to discover the real needs
- Walk away with easy, everyday strategies you can use at home

Join us to learn, connect, and build stronger relationships, one moment at a time.

Bookings Essential

Register via the QR code or link below



<https://forms.office.com/r/giPN6ZZuX8>

Dates:

Wednesday 6th and 20th August

Two standalone workshops but attendance at both is recommended.

Time: 6.30pm – 8pm

Venue: Online

Zoom link to be sent following online registration.

Cost: Free

Enquiries:

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