



# MHST WORKSHOPS 2023-2024

## ONE-OFF PARENT VIRTUAL WORKSHOPS 12:30PM-1:30PM

### SLEEP

This workshop is aimed at parents and carers of children in the stated key stage. We will be looking at common difficulties children have with sleep, the recommended amount of sleep for children of different ages, and ways to support children with getting enough sleep. We will be looking at strategies around bedtime routines, the sleeping environment, life-style factors which may influence sleep, and supporting children with anxiety or worries which might be affecting their sleep.

**Primary** 29<sup>th</sup> February 2024 [Supporting your child with sleep difficulties Tickets, Thu 29 Feb 2024 at 12:30 | Eventbrite](#)

**Primary** 4<sup>th</sup> July 2024 [Sleep Workshop for parents/ carers of PRIMARY age children Tickets, Thu 4 Jul 2024 at 12:30 | Eventbrite](#)

This workshop is aimed at parents and carers of children in the stated key stage. We will be using a cognitive-behavioural model to understand how thoughts, feelings and behaviours are linked and form unhelpful patterns that can lead in to a downward spiral of persistent low mood. We look at ways you might be able to help your child, including addressing your child's sleep, routine, exercise and eating patterns. We will also touch on ways you as a parent might be able to support your young person's negative thoughts or unhelpful behaviour patterns.

### LOW MOOD

**Secondary** 23<sup>rd</sup> November 2023 [Helping young people with low mood - secondary age children Tickets, Thu 23 Nov 2023 at 12:30 | Eventbrite](#)

**Primary** 1<sup>st</sup> February 2024 [Low Mood Workshop for parents/ carers of PRIMARY age children Tickets, Thu 1 Feb 2024 at 12:30 | Eventbrite](#)

**Secondary** 16<sup>th</sup> May 2024 [Supporting your child with low mood \(SECONDARY aged children\) Tickets, Thu 16 May 2024 at 12:30 | Eventbrite](#)

### ANXIETY

This workshop is aimed at parents and carers of children in the stated key stage. We will look at what anxiety is exactly, where it comes from, and what keeps children feeling anxious. We aim to help you get a better understanding of your child's anxiety by looking at how your children feel, think, and respond to triggers or situations that make them feel anxious. We will then introduce strategies that can help, both in the short term, such as breathing and distraction techniques, as well as longer-term strategies including helping your child face their fears and build up their confidence through supportive conversations.

**Secondary** 9<sup>th</sup> November 2023 [Anxiety Workshop for parents/ carers of SECONDARY age children Tickets, Thu 9 Nov 2023 at 12:30 | Eventbrite](#)

**Primary** 18<sup>th</sup> January 2024 [Supporting your child with anxiety \(PRIMARY age children\) Tickets, Thu 18 Jan 2024 at 12:30 | Eventbrite](#)

**Secondary** 21<sup>st</sup> March 2024 (exam stress focus) [How to help your child with exam stress. Tickets, Thu 21 Mar 2024 at 12:30 | Eventbrite](#)



# MHST WORKSHOPS 2022-2023

## ONE-OFF PARENT VIRTUAL WORKSHOPS 12:30PM-1:30PM

### TRANSITION

This workshop is for parents/carers of young people starting Y7 at Secondary School in September 2023. The workshop will cover what anxiety is and how it's maintained, how to talk to your child about their anxieties about their new school and some practical advice on how to help your child manage their worry using a CBT approach. We will also look at how to encourage young people to become independent problem solvers.

6<sup>th</sup> June 2024 [How to help your child transition to year 7 Tickets, Thu 6 Jun 2024 at 12:30 | Eventbrite](#)

This workshop aims to support parents/ carers in understanding and responding to their children's strong emotions. These strong feelings might present as anger or disruptive behaviour. Within this 1-hour workshop, we hope to support parents in understanding what might be underlying children's behaviour, understanding what might be contributing to these big feelings, consider how adults can respond to support alternative behaviours, and learn general emotional regulation strategies for children.

**Primary** 07<sup>th</sup> December 2023 [Emotional Regulation Workshop for parents/carers of PRIMARY age children Tickets, Thu 7 Dec 2023 at 12:30 | Eventbrite](#)

### EMOTIONAL REGULATION

## ONGOING PARENT SESSIONS (4 WEEKS)

### ANXIETY

This group is aimed at parents and carers of children in the stated age group. This programme will guide parents how to use cognitive-behavioural techniques to help their children overcome fears and worries. The programme includes learning how anxiety develops and is maintained, that is to say what keeps children's anxiety going and prevents them getting over their fears. We will then move on to exploring what your child needs to learn to overcome their fears or worries and how to implement strategies to encourage your child to become more independent. The programme will run over 4 weeks and will be a combination of 4 one-hour group sessions, reading tasks before sessions and some in between session work such as practising techniques learned during the sessions.

There are not currently set dates for this programme. If you feel you would like to explore this option please speak to the SENCO at your child's school to refer to our service. It may be that we can offer this as a direct intervention or, if we receive appropriate referrals we will run as a group.

To learn more about our service offer please watch our video: <https://youtu.be/-YWqFOGqehM>