



Supporting children to regulate

Outline:

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.

Outcomes:

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.

Audience:

Parents/guardians/carers of children and young people that live in Derbyshire.

Date: Wednesday 9th July 2025, 10:00-11:00am

Location: St James Centre, Malcolm Street, Derby DE23 8LU



Derbyshire Educational Psychology Service

Making and Difference: Enabling positive change through listening, optimism, and insight