

Staying Calm in the Storm

Understanding and Responding to
your Children's Behaviour

This workshop is designed to help parents and caregivers to **deepen their understanding** of children's behaviour through a neuroscience perspective, providing **tools** and **strategies** to **enhance their bond** and **sustain a healthy relationship** along the way.

Understand why your child behaves the way they do.

- How parts of the brain affect behaviour
- Why kids can seem out of control
- How past experiences can shape reaction

Learn practical strategies for responding to your child's behaviour.

- How to repair relationships after conflicts
- How to practice positive interactions
- How to stay calm and connected

Connect with us

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Understanding and Responding to Children's Behaviour Workshop is ideal for parents and caregivers **feeling overwhelmed** and **seeking clarity** on how to **better support their children**.

It offers **actionable steps** to create a more **harmonious** and **supportive home environment**.

What parents say:



"I think this initiative is excellent. It has helped both me and my child to explain and control feelings. It helped with my parenting anxiety."



"I have learnt a lot from these sessions and they're making a difference to how our family does things at home."



"This session was excellent as it cemented our knowledge of the basic concept and showed us the likely content for the future."

