

The Foundations for Life Team invites you to register your interest in...



SPACE

Supporting parents and children emotionally

SPACE is a new **free** programme for **any parent or carer** who wants to better understand and support their children's emotions, as well as their own.

This 5 session online programme will cover:

- Understanding what is meant by a Trauma Informed approach
- Understanding toxic stress and the flight/fight response
- Practical approaches to support children to regulate their emotions
- Healthy coping strategies for dealing with stress
- Managing different emotions
- Understanding behaviour
- Building resilience in ourselves and our children
- Adopting appropriate expectations of children
- Enhancing your ability to provide nurturing care

Both parent /carers welcome.

Opportunity to earn time credits for attending to get access to FREE family activities and days out.

Sessions run weekly:

Thursday 9th November – 7th December
10am-11.30am



To register your interest or find out more, please email

rosalie.smith@cornwall.gov.uk

HEADSTART
KERNOW



Together 
for Families

