Horning Primary School

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Friday 1st May 2026

Dear Parents and Carers,

Parent Workshop Invitation – Supporting Your Child's Behaviour

We are pleased to invite you to attend an in-person workshop hosted by Norfolk's Mental Health Support Team on **Wednesday 20th May from 9:00–10:00am**. This session is designed to support parents and carers in understanding and responding to their child's behaviour, emotions, and self-regulation.

About the Workshop
The aims of the workshop are to:

- Develop an understanding of behaviour as a form of communication, and strengthen parent–child relationships through emotional regulation support
- Explore what maintains certain behaviours, how responses can influence them, and techniques to break negative behaviour patterns
- Increase awareness of children's behaviour and introduce strategies to encourage positive behaviours
- Build parents' confidence in supporting and interacting with their child around behaviour

This is a valuable opportunity to learn practical strategies in a welcoming and supportive environment, as well as to ask any questions you may have.

If you would like to attend, there is no need to book—please simply arrive on the day and sign in at the school office.

We hope you can join us.

Kind regards,

Kathryn Andrews
Head of School