

# Supporting you and your child: Understanding Emotions Together

Join our course for parents to better understand and support your child's emotions and behaviour.

Learn practical tools to help your child manage their feelings when they're upset, overwhelmed, or overly excited.

Both you and your child will attend fun sessions that include play, discussions, and activities designed to build emotional regulation skills.

To learn more, speak to a member of staff at your local Family Hub or Children and Family Centre.



This course is  
for parents of  
children under  
the age of five.

# Supporting you and your child: Understanding Emotions Together



5-week programme for parents of children under the age of five

**Want to better understand and support your child's emotions and behaviour? This course will help you learn how to guide your child through feelings especially when they are upset, overwhelmed, or too excited.**

We will look at “emotional regulation,” which is how your child manages their feelings in different situations. By the end of the course, you will have new ideas and tools to better support your child in their everyday life.

- The course lasts for 5 sessions.
- Sessions will be run by Educational Psychologists who have lots of experience helping children and families in schools.

You and your child will both attend the sessions. Together, we will explore helpful approaches through play, discussions, and activities. It is important to attend all sessions to get the full benefit of the course.

If your child is in nursery, we can inform them about the sessions and arrange for your child to take time away.



## Course dates and times

-  Friday 26 September 2025, 10 - 11.30am
-  Friday 3 October 2025, 10 - 11.30am
-  Friday 10 October 2025, 10 - 11.30am
-  Friday 17 October 2025, 10 - 11.30am
-  Friday 24 October 2025, 10 - 11.30am

**It is important to  
attend all  
sessions to get  
the full benefit  
of the course.**

## Venue

-  Around Poplar Children and Family Centre, 115 Three Colt St, London E14 8AP

## More information

-  For more details contact 020 7364 0540 to speak to a member of staff.