

# The Angry Child

A workshop full of ideas and strategies for parents

Tuesday 17th October 6.30pm - 8.30pm

Barnes Primary School, Cross St, London SW13 0QQ



Does your child shout at you or their siblings whenever they don't get their own way, disapprove of an action by someone else or dislike a decision that has been made?

Do they sometimes lash out at a sibling, a friend or even an adult?

Managing anger in children can be tricky but this two hour workshop will help you understand the triggers for anger in your child and develop their coping strategies to help them respond in better ways. You'll get some 'Top Tips' for dealing with things in ways that will help your child understand and take responsibility for their own behaviour –

whatever their age - and hopefully make different choices in the future.

It takes time to help an angry child change, but knowing the steps to take and having a plan to follow can make all the difference for a stressed parent and their equally stressed child.

**This workshop is open to all parents**

Places are limited so booking is required.

To book go to [www.gillhines.co.uk/workshops](http://www.gillhines.co.uk/workshops)

Places cost £15 each\*.

(Some funded places are available for families with children at Barnes Primary School experiencing financial hardship - please ask Jo in reception to add your name to the list.)



**Gill Hines**