



YOU'RE INVITED TO OUR INFORMATION  
SESSION ON...

**NHS**  
Cambridgeshire  
Community Services  
NHS Trust

# SUPPORTING YOUR CHILD TO REGULATE THEIR EMOTIONS

The Round House Primary  
School

Tuesday 11<sup>th</sup> November  
2025 at 2pm

with..  
The  
Mental Health  
Support Team



FREE

Babies and  
pre-school  
age children  
are  
welcome to  
join

This session will provide you with **information** to increase your understanding of your child.

We will talk about how to **recognise** when your child may be feeling overwhelmed and **identify** some of the possible reasons they may be struggling.

We will then introduce some **strategies** to help your child manage these big feelings!