

# Supporting your child with challenging behaviours

An Emotional Wellbeing Workshop for Parents

**16<sup>th</sup> October 2025 at 15:30  
at West Moors Middle School**

The **Mental Health Support Team in School** for North and East Dorset will be running a 60 minute session on how you, as parents/carers can use tools and techniques to manage your child's behaviour at home.

The session aims to provide you, as parent/ carers with practical tools that can support your child when they are dysregulated, help identify why your child is behaving in different ways, and what actions you can put in to support your child.

The information shared in this session is for parents/carers of children aged 4-11 years old.



visit our website for more info  
[bit.ly/dorset\\_mhst](https://bit.ly/dorset_mhst)

get access to our resources

Take a look at our social media channels for more ideas, tips and activities to keep you busy and feeling good.

    
@DORSETMHST

 Dorset Mental Health Support Team in Schools

 **NHS**  
Dorset HealthCare University  
NHS Foundation Trust

**For further information, please contact your child's school.**



## HELPLINES

	→	Call 0800 1111 Open 24/7
	→	Text Shout to 85258 Open 24/7
	→	Call 116 123 Open 24/7
	→	Call 0800 652 0190 Open 24/7