



**Oxfordshire  
Adult  
Learning**

A FACULTY OF ABINGDON & WITNEY COLLEGE

# Managing Feelings and Behaviours

6-week course (free)

Struggling to manage challenging behaviour? You are not alone!

This course aims to help you feel empowered at managing those tricky situations knowing you are doing the best for your child and yourself.

This course supports you to:

- strengthen your family's self-esteem and resilience
- practise strategies to encourage positive behaviour
- begin to understand neurodiversity (examples are ASD, ADHD) and special needs
- understand what is happening in your child's brain and body when they have a meltdown
- share tips and learn from other parents

Topics covered include:

- Emotional Health
- Positive discipline and setting boundaries
- Neurodiversity
- Meltdowns: Brain and Body
- Listening and Empathy

**9am – 10:30am Tuesdays (20<sup>th</sup>, 27<sup>th</sup> Feb, 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> March)**

**Stanford in the Vale Primary School, High Street, Stanford in the Vale, Faringdon SN7 8LH**

To enquire, or book a place, please contact: **Penelope Lea**

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All our courses are designed to give parents more confidence in supporting their children at home, making learning fun and understanding new teaching methods used in schools.