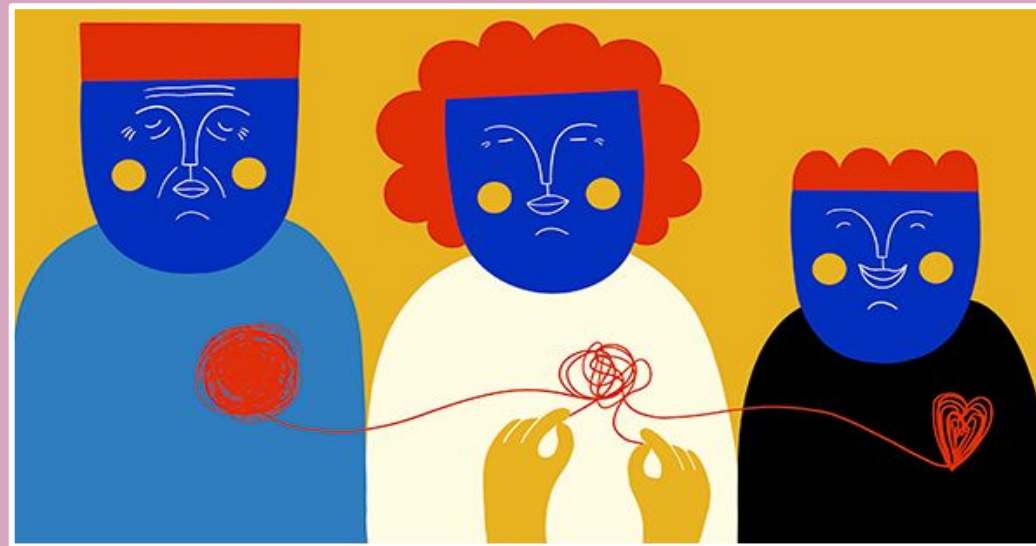


# TRAUMA INFORMED PARENT WORKSHOPS



## TRAUMA INFORMED PARENT WORKSHOPS

Trauma-informed parenting might sound like something that's only necessary for children with extreme behavioral problems.

Being trauma-informed can help every parent and caregiver feel more equipped to respond to children's behaviors.



## Workshop Outline

The workshops will cover a vast range of areas of which some are listed below:

- Trauma causes and reasons
- Interactive exercises that can also be done with children and young people at home
- How to manage your child's behaviour
- How to support your child's mental health
- Parenting styles and coping as a parent
- Mindfulness exercises and techniques
- Emotional self-regulation
- Impact of trauma on the child and family
- ACES
- Trauma and the brain
- Effects of stress
- How to communicate and build positive relationships with the school

## Delivery of Workshops

Workshops run for 10 hours in total.

5 x 2 hour sessions delivered over a 5 week period.

Maximum of 12 participants per programme.

Delivered in-house in safe space at your school making it easier for parents/carers to attend.

Workshops delivered by facilitators who have over 20 years of experience of working with families and children who have faced adversity and experienced trauma.

Certificate of participation

The Trauma Informed Parent workshops have been developed to help parents have a better understanding of what trauma is and how you as a parent they can support their child through any traumatic events that they may have experienced or that they may encounter in the future.

During the 5 weeks we will cover areas such as:

- Trauma, causes, reasons and ACEs
- Recognising your child needs your help and support
- Appreciating your own parenting style
- Understanding and responding to your child's behaviour
- Maintaining positive relationships with your child's school
- Awareness of the impact of trauma





A Trauma Informed Parent is better equipped to understand and help support their children heal.





**For further information please contact:  
Noreen Khan on:**



**07380292211 / 07380484818**



**[noreen@includedlearning.co.uk](mailto:noreen@includedlearning.co.uk)**



**[www.includedlearning.co.uk](http://www.includedlearning.co.uk)**