

**FREE**

# online parenting workshop

## Child to Parent Aggression - How to Deescalate and Improve Communication

Delivered by Family Lives

- An opportunity to express your feelings, without being judged
- Explore potential causes and contributors to your child's aggression
- Gain more understanding of the link between your child's behaviour, feelings & needs
- Develop strategies to manage behaviour now and in the future
- Helping children improve self-esteem and build confidence
- Signposting support and additional resources



*Tuesday 30th  
April 2024  
10am-12pm  
via MS Teams*

email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register your place