



SEMHS

Social, Emotional & Mental Health Service

Special Educational Needs
and Disability Information,
Advice & Support Service

sendiass

Supporting children and young people to manage their emotions

SENDIASS is hosting a relaxed online session for parents and carers exploring ways to help your child to understand and manage their feelings. We will also explore strategies which schools may use, and how they can access advice to enable them to support your child.

The presentation will be delivered by specialist teachers from Suffolk's Social, Emotional and Mental Health Service. This is one of the five Specialist Education Services in Suffolk, which support schools to support pupils with different special educational needs.

The session will explore:

- what your child's behaviour may be communicating
- strategies to support your child
- what can lead to meltdowns and how to support your child during and after a meltdown
- strategies schools may use and how they can access advice to help them support your child.

4th December 2025 10am – 11:30am

[Click to register](#)

'Really informative session and has given me a completely different outlook on how to deal with my son's 'meltdowns.'

'Makes so much sense, really helpful practical advice 😊'

'This was so helpful. Really good practical information that other courses don't always cover.'