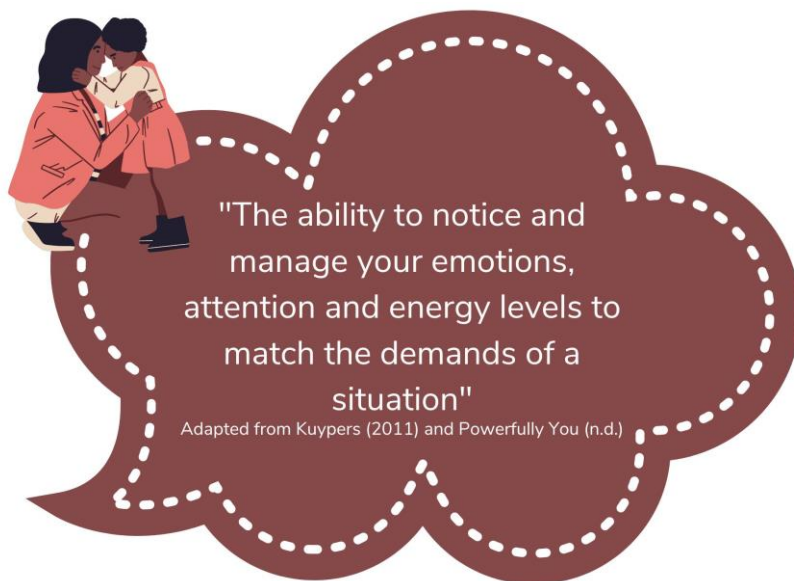


Online Parent Resource – ‘An Introduction to Regulation’

Regulation is:



This online resource:

- will help you to understand regulation
- will give examples of how you can respond to your child's big feelings
- may take up to 1 hour to complete
- does not need to be done all at once.

Link to parent resource: https://rise.articulate.com/share/rG_zIH9hfg9hGFgQ6ALfq6sfpKbhRtbD

QR code for parent resource:

