

# Supporting children's social, emotional and mental health development

## Parent Workshop 1 – Brain development and its response to stress



Please join us –



**18/03/25 – 9:00am –  
Moorpark Junior School**

Dear Parent/Carer,

We would like to share some of our learning, which has helped us understand why children sometimes behave the way they do in a stressful situation.

We will learn about:

- How the brain and nervous system respond to threat/stress
- To recognise how children act when they are not coping with a situation
- Start to explore ways to support children to regulate and become calm.