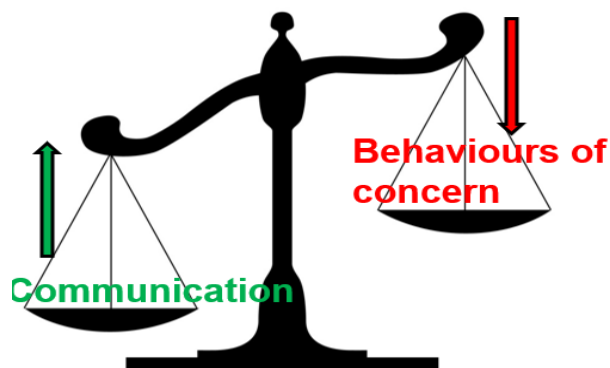


Helping your child manage and communicate their emotions: an introduction to using 'Zones' at home

**Either Tuesday 18th May 8 – 9 pm
or Wednesday 19th May 10 – 11.30 am**



Barnet, Enfield and Haringey 
Mental Health NHS Trust

Tired Bored Sick	Fine Good OK	Worried Excited Angry	Out of control Furious Elated
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“Zones” is a useful tool to support emotional regulation. It will help you and your child to understand emotions and what your child needs, whatever their language level.

The session is an introduction to using “zones” at home to:

1. Increase awareness of your child’s communication of emotion.
2. Identify their NEEDS to help them to be able to join in.

This approach works with Positive Behaviour Support and is used in many settings in Enfield.



Please have a piece of paper and pen or pencil handy (colours will help).

Speech & Language Therapists
Enfield Community Services

These videoconferences are organised by Our Voice Parent/Carer Forum, in conjunction with the Enfield Speech and Language team and are for all parents and carers of children and young people (0-25) with special needs and/or disabilities living in the Borough of Enfield.

Both sessions will be held online via Zoom. The events are free but you must pre-book here: [Tuesday evening](#) or [Wednesday morning](#).