

Click on this link to watch YouTube recording on the list below www.nsft.nhs.uk/parent-workshops/

- [Supporting young people with eating difficulties](#)
- [Supporting young people with challenging behaviour](#)
- [Tools to manage uncertainty and building resilience in young people](#)
- [Surviving lockdown mark 3](#)
- [Supporting young people with anxiety](#)
- [Supporting young people with low mood](#)
- Building Resilience - managing the next steps
- [Supporting our children and adolescents with sleep](#)
- [Understanding the teenage brain - Supporting our teenagers with emotions](#)
- [Supporting your child to manage their big feelings \(suitable for children aged 0 to 11 years\)](#)
- [Managing exam stress](#)
- [Understanding young people's self-harm](#)
- [Getting the best out of your relationships with your person](#)