

Selborne Primary
School

Coffee Morning

with
Thea
Selborne's
Wellbeing
Practitioner



Thursday 8th October | ⌚ 9am

DOES YOUR CHILD...



Seem anxious or
overwhelmed?



Find routines or
challenges difficult?



Struggle to manage
big feelings?



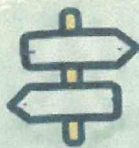
Show behaviours
you're unsure how
to respond to?



COME ALONG FOR...



Practical ideas
to try at home



Information
about available
support



Time to talk
and learn from
other parents



A safe, relaxed
and judgement-
free space



No concern is too small.



All parents and carers are warmly welcome.