



## **MHST Parent & Carer Training 2026-2027**

As voted for through our WSA survey the below are the most popular Staff training module requests. Each lasts 1.5 hours and are delivered via Microsoft Teams. They are open to any parent or carer with a child in an MHST school. No sign up is required, simply join the link at the time of delivery. We encourage you to share this poster with your school's parents & carers.

| <b>Module</b>       | <b>Information</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
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| Managing Behaviours | <p>Offers helpful approaches and strategies for supporting emotional regulation, building routines, and strengthening parent-child communication when children present with challenging behaviours.</p> <p><b>Friday October 2<sup>nd</sup> 2026, 11am-12:30pm</b></p> <p><a href="https://teams.microsoft.com/meet/354505116391668?p=ndCJUn9fwrINd9fTn8">https://teams.microsoft.com/meet/354505116391668?p=ndCJUn9fwrINd9fTn8</a></p>                                                                                                                                                                        |
| EBSA & Transition   | <p>Explains emotionally based school avoidance (EBSA), why it happens, and how parents can help children feel safer and more supported with school transitions.</p> <p><b>Wednesday October 28<sup>th</sup> 2026, 11am-12:30pm</b></p> <p><a href="https://teams.microsoft.com/meet/356353367789012?p=HXJs4757HdxW32RKNG">https://teams.microsoft.com/meet/356353367789012?p=HXJs4757HdxW32RKNG</a></p>                                                                                                                                                                                                        |
| Autism              | <p>An autism-affirming workshop introducing sensory needs, communication differences, and practical ways parents can support their autistic child.</p> <p><b>Tuesday February 16<sup>th</sup> 2027, 11am-12:30pm</b></p> <p><a href="https://teams.microsoft.com/meet/321157499781080?p=7SWQ5Fj64wiqKoZpkL">https://teams.microsoft.com/meet/321157499781080?p=7SWQ5Fj64wiqKoZpkL</a></p>                                                                                                                                                                                                                      |
| Wellbeing           | <p>This workshop explores how parent wellbeing can be affected when a young person is struggling with their mental health, and how caring for yourself directly supports your child's emotional wellbeing too. Parents learn simple, practical self-care strategies that can be used day-to-day to reduce stress, build resilience, and create a calmer environment at home.</p> <p><b>Friday April 9<sup>th</sup> 2027, 11am-12:30pm</b></p> <p><a href="https://teams.microsoft.com/meet/389695298498867?p=OiGLHL4VracqIWxeYw">https://teams.microsoft.com/meet/389695298498867?p=OiGLHL4VracqIWxeYw</a></p> |
| Sleep               | <p>Covers common sleep challenges in CYP and teaches evidence-based strategies for parents to build healthier, more settled sleep routines.</p> <p><b>Tuesday June 1<sup>st</sup> 2027, 11am-12:30pm</b></p> <p><a href="https://teams.microsoft.com/meet/350754129690359?p=7DTcFP4arcNWNb7pzzr">https://teams.microsoft.com/meet/350754129690359?p=7DTcFP4arcNWNb7pzzr</a></p>                                                                                                                                                                                                                                |

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| Coping & Resilience Education (CARE) | <p>This workshop teaches simple, effective, practical skills to help build coping and resilience in children and young people. It is based on the same principles used in our Child CARE Workshop for pupils in Years 5 and 6. By understanding these shared ideas, parents can reinforce the skills at home, support emotional regulation, and strengthen their child's ability to manage challenges.</p> <p><b>Tuesday July 13<sup>th</sup> 2027, 11am-12:30pm</b></p> <p><a href="https://teams.microsoft.com/meet/353995337462083?p=sZA9ilMLdJyeGxN8jC">https://teams.microsoft.com/meet/353995337462083?p=sZA9ilMLdJyeGxN8jC</a></p> |
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