

Parent Coffee Morning

BUILDING SELF-ESTEEM

We invite all families to join our SENCo and CAMHS practitioner to discuss strategies to

- build self confidence and resilience at home and in school.

- We will cover the following information:

- - The typical development of self-esteem
 - How to recognise low self-esteem
 - How to build resilience and self-esteem

Tuesday 25th January

9.00am - 9.50am