

# Coffee Morning






## What does my behaviour mean?

**Delivered by Future in Mind**

Join us for an informal and friendly coffee morning exploring how children's behaviour can help us understand what they might be feeling or needing.

We'll be discussing key topics such as:

-  The **impact of sleep** and practical **sleep support** strategies
-  Understanding **anxiety** and how it can affect behaviour
  -  Exploring possible **links to neurodivergence**
- (for example, ADHD, Autism) and how to support children's unique needs

This relaxed session is a great opportunity to share experiences, gain insights, and take away simple, effective ideas to support your child at home and in school.

**Everyone is welcome – come along for a coffee, a chat, and some useful takeaways!**

**Date:** Wednesday 12<sup>th</sup> November

**Time:** 9-10am

**Where:** School Hall

**Refreshments will be provided**