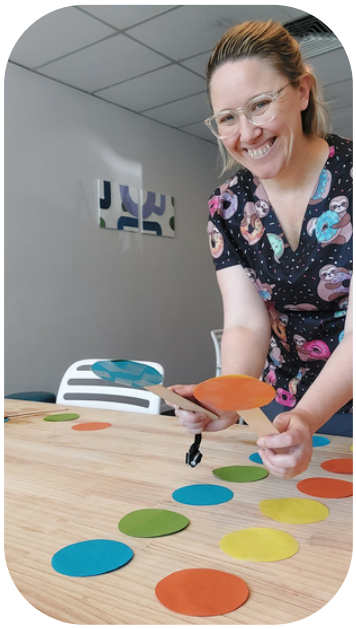
Family webinar

support for big emotions



A 45 minute online session for families who are worried about separation anxiety, emotional regulation, and the pressure of feeling like they should be doing more.

This practical webinar will help families understand what may be happening in the body and nervous system during difficult drop-offs, and leave with a small action plan and simple sensory tools to make days feel easier for both you and your child.

Families will explore:

- Simple sensory and nervous system supports
- Small routines that can make drop-offs easier
- Co-regulation ideas for big feelings
- How to feel more confident with a plan
- Support for parents who do not feel 'good enough'

Perfect for families preparing for school, kinder or care transitions.

Saturday 14 November

9:00 am – 9:45 am

Live online

Scan here to register

You do not need all the answers.
A few simple tools can make a real difference.



With Robyn Papworth
Play Move Improve
Enquiries: robyn@playmoveimprove.com.au

Play Move Improve