



# Working Through Wobbly Moments Together Workshop

## Early Years Educational Psychology

### About the Workshop

This workshop will take place on Teams. It will be an informal session with a 'podcasty' or chatty vibe. We want to ensure everyone feels comfortable so please feel free to participate as you feel comfortable. We do not expect you to answer any questions or write anything down throughout the session. We value your feedback and love to hear your ideas too.

### What is the Workshop about?

We will explore reasons why early years children have tricky emotional reactions and the differences between what is typically considered or described as a 'meltdown' and 'tantrum'. We will offer some practical tips to support our little ones during these tricky moments.

### Who will be facilitating the Workshop?



This session will be facilitated by:  
**Abigail Wright** (Early Years (Preschool) Educational Psychologist) and **Jessica Lewis** (Assistant Educational Psychologist)



### When is the Workshop?

We welcome anyone in Neath and Port Talbot who supports or has a child under 5 or feels they would benefit from the workshop. The session will be on:

**Thursday 1<sup>st</sup> May 2025**  
**6pm-7:30pm**

### How can I book?

If you would like to join us and register please:

[CLICK HERE](#) 

or

