



Making Life
Better Together



NHS

South West London and
St George's Mental Health
NHS Trust



FAMILY
HUBS



Parent/Carer Group: Supporting Infants with Big Emotions & Behaviours

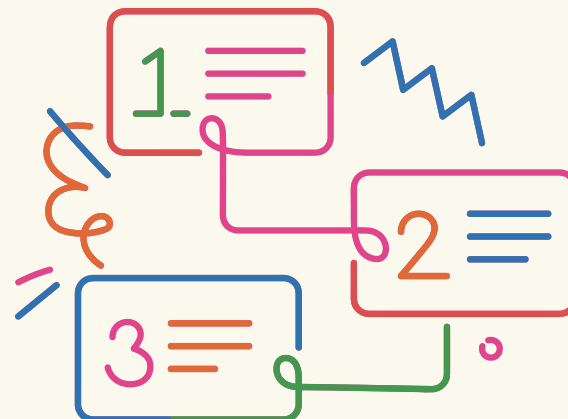
IS YOUR CHILD:

- Aged between 1-4 years old?
- Struggling with big emotions and behaviours?
- Are you struggling to know how to best support them?

If yes, this group might be for you!

TOPICS WILL INCLUDE:

- Top tips on how best to understand your child's behaviour
- Strategies to support your child to express and manage big emotions



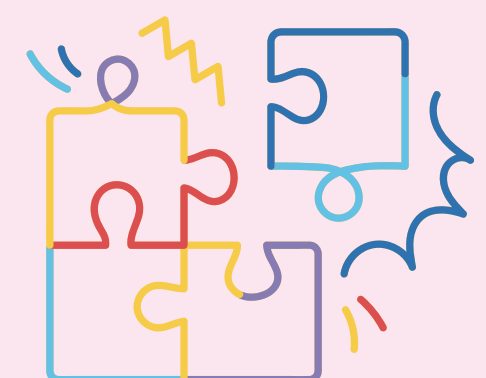
TO SIGN-UP & REGISTER YOUR INTEREST

please complete
this form (click link below):
[Parent Group Application](#)

You can also scan the
QR code below.



We'll start with a
screening call to make
sure the group is
right for you!



GROUP DETAILS:

Our parenting groups run over four weekly sessions.
We ask that you attend all sessions.

DATES:

 **Wednesday 4th, 11th, 18th & 25th November 2026,
and a follow up session on 9th December 2026
9:30 am – 11 am**

LOCATION:

 Sutton Best Start Family Hub Floor,
1A Sutton Central Library,
St Nicholas Way, Sutton, SM1 1EA

SUITABILITY:

We ask that Parents/Carers are not engaging with
other support services to avoid families getting lots
of different advice.

SPACES ARE LIMITED!

We encourage you to
submit your application
as soon as possible if
you're interested in joining!