



Goodbyes and Goodnights Online Parent/Carer Group

**Do you find it hard to get your child through the school/nursery gate?
Does your child struggle to separate from you?
Are you worried that your child might find it difficult to settle back into a
routine after the school holidays?**



**Join our 4-session online group
to connect with other parents/carers
and learn new ways to support
your child towards their
independence.**

Dates and Times:

Groups will be delivered online on the following
Fridays – 2nd, 9th, 16th and 23rd October 2026
12:30pm–1:30pm. [Please click here to sign up.](#)

Further groups will be offered throughout the year.

If you are interested but cannot attend these
dates/times please sign up and we will be in touch.



In many schools, we also provide free 1:1 early support for parents/carers of
primary aged children to support their child's common worries and anxieties or
support children's tricky or challenging behaviours. Please speak to your school to
find out more.



**Please scan the QR Code
or [click here](#) to sign up.**