

## The CAYP Webinar Series

**Tuesday 13th January**  
**8:00-9:00pm**

### **Big Feelings and Big Reactions: Making Sense of Your Child's Behaviour**

With Consultant Clinical Psychologist  
Dr Daniel Weisberg

This session is going to look at what's really behind the behaviours you might be seeing, from outbursts and shutdowns to school avoidance. We'll explore factors like anxiety, sensory overload and burnout.

Dr Weisberg will share practical strategies to support co-regulation, manage big feelings and handle meltdown moments.

We will also cover how these difficulties affect school and how to work with schools to advocate for your child. You'll leave with clear, useful approaches to reduce conflict and strengthen connection, with the chance to submit questions in advance.

#### **Overview:**

- Meltdowns vs. tantrums
- Understanding what behaviours are communicating
- Transitions and triggers
- Co-regulation, big feelings and managing meltdown moments
- Anxiety, burnout and sensory overwhelm
- Practical strategies for home and school
- When to seek professional support

#### **Who can join:**

This session is primarily for parents and carers of primary and high school aged-children, but anyone working with children is welcome to attend.

**Click here to book your place.**





## About Dr Daniel Weisberg

Dr Daniel Weisberg is a Consultant Clinical Psychologist and the Managing Director of CAYP Psychology, an award-winning psychological healthcare service for Children, Adolescents, and Young People across the UK and online. Daniel has over a decade of experience working in NHS children's services and specialises in paediatric neuropsychology.

Daniel completed his PhD in children's emotional development and later trained as a Clinical Psychologist at the University of Manchester. His work has contributed to national and international research into child development, rare genetic and developmental differences, and paediatric neuropsychology. Daniel's psychological knowledge and understanding has been shared in social, local and national media. He founded CAYP Psychology in 2016 to ensure that children and families can access timely, high-quality independent psychological healthcare. CAYP has since grown into a team of over 100 clinicians, across 40 UK-wide clinics and online.

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## About CAYP Psychology

CAYP Psychology (pronounced "cape") is an independent, clinical psychology-led service offering expert therapy and assessments for children and young people aged 0-18 (or up to 25 for autism assessments). We support a wide range of emotional, behavioural, developmental, and learning needs, and provide outstanding specialist assessments for autism, ADHD, dyslexia, and intellectual disabilities.

We work closely with both schools and parents, and our reports are frequently used in EHCP applications and education tribunals. With nearly 100 highly qualified clinicians across more than 40 UK locations and online, we are proud to deliver thoughtful, values-driven support for children, families, and schools.

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