



Understanding Your Child's Emotions Workshop



Emotional Health is how we think and feel. It is about our sense of well-being, our ability to cope with life events and how we acknowledge our own emotions as well as those of others.

We know that life is not normal at the moment due to Coronavirus however we recognise that parents/carers still need information to support their child. The School Nursing Service offer free virtual emotional health and wellbeing workshops to parents and carers of children aged 4-19 years. These sessions will be offered via Microsoft Teams which is a safe application used by the NHS

This workshop explores:

- ❖ Understanding emotions in children and teenagers
- ❖ What causes emotional health problems
- ❖ How to maintain or improve children's emotional health
- ❖ Working together with your child's school
- ❖ Information about our emotional health programmes for children and parents
- ❖ Accessing 'Early Help' to support your child or teenager

To book on a session, you can call our single point of access on **01922 423349**. We want to keep these sessions safe and open only to parents/carers of children attending a Walsall school. When you call, we will ask you a few details so that we can verify you and your child's details. Once you have booked a session, we will then send you an email invite to join that session nearer the time of the session. Your email will be hidden from other parents on the sessions.

