

Understanding Your Child's Emotions Workshop

There is no such thing as a perfect parent, or a perfect child and parenting can be tricky. It is about recognising that it is and that is ok.

The School Nursing Service offer free emotional health and wellbeing workshops to support and provide advice to parents and carers of children aged 4-19 years.

This workshop explores:

- The reasons why children behave in the way they do
- What causes poor behaviour
- How to encourage positive behaviour
- Working together with your child's school
- Information about other parenting programmes available
- 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 your child's details. Once you have booked a workshop, we will then send you an email invite to join that session nearer the time. Your email will be hidden from other parents.

Do you need advice and support about other health issues?

We have resources to help you:

- Health for Teen Website for teenagers: www.healthforteens.co.uk
- Health for Kids Website for children: www.healthforkids.co.uk
- School Nursing Service Webpages: www.walsallhealthcare.nhs.uk/our-services/school-nursing
- ChatHealth – text messaging service to contact a School Nurse for advice
 - Teen ChatHealth - **07480 635363**
 - Parent ChatHealth - **07520 634909**

