

Understanding Your Child's Emotions



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.

The School Nursing Service offer free workshops to parents and carers of children aged 4-19 years. These workshops explore:

- ❖ 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 find out more about our workshops or book a place on a workshop contact our Single Point of Access on Tel: 01922 423349 or Email schoolnursing@walsallhealthcare.nhs.uk

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