



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.

The Health Visiting Service offer free emotional health and wellbeing workshops to parents and carers of children aged 0-5 years. We offer these sessions virtually. These sessions will be offered via Microsoft Teams which is a safe application used by the NHS

This workshop explores:

- ❖ Understanding emotions in children
- ❖ What causes emotional health problems
- ❖ How to maintain or improve children's emotional health
- ❖ Supporting your child's anxiety
- ❖ 5 ways to wellbeing
- ❖ Information about our emotional health programmes for children and parents

To book on a session you can call our single point of access on **01922 603074**. We want to keep these sessions safe and open only to parents/carers of children with a Walsall GP. 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 session.