

Education Wellbeing Service Primary Age Parents



Live Parent/Carer Webinars Delivered by Senior Mental Health Professionals

Covering topics including:

**Supporting your Child's Sleep
Anxieties and Worries
Transitioning to Secondary School
Development of healthy body image**

Parents have said:

"It was great to talk about strategies to try and get to the bottom of my children's emotions."

99% of parents who attended the webinars last year said they would recommend them or similar workshops to friends/family

Scan the QR code or follow the link to view further details and sign-up to any of the free webinars

**CLICK HERE TO
SIGN UP**



In many schools, we also provide free 1:1 early support for parents of primary aged children to support their child's common worries and anxieties or support children's tricky or challenging behaviours. Please speak to your school to find out more.