

Now offering via  
Microsoft Teams!

## Warwickshire

### Primary Mental Health Team

## Parent Information Sessions via Microsoft Teams

Are you a parent or carer of a child or young person living in Warwickshire?

The Warwickshire Primary Mental Health Team offer free Parent Information Sessions **via Microsoft Teams with a Mental Health Clinician.**

You will have the opportunity to learn about common emotional wellbeing concerns in children/young people and find out what you can do to help.

Please email [risecommunityoffer@covwarkpt.nhs.uk](mailto:risecommunityoffer@covwarkpt.nhs.uk) or call 07917 504 682 to receive a link and click to join the session!

TOPIC	DATE	TIME
Challenging Behaviours	13 <sup>th</sup> July 2020	1.30pm – 3.00pm
Anxiety 3-11	14 <sup>th</sup> July 2020	1.30pm – 3.00pm
Anxiety 12+	15 <sup>th</sup> July 2020	1.30pm – 3.00pm
Self-harm	16 <sup>th</sup> July 2020	1.30pm – 3.00pm
Sensory Needs	17 <sup>th</sup> July 2020	1.30pm – 3.00pm

### Understanding and managing challenging behaviours in children aged 4-12 years

You will learn about social learning theory and why some children may develop difficult or challenging behaviours. You will have a greater understanding of some possible underlying causes of these behaviours. You will learn practical strategies and techniques that may be helpful to manage your child's difficult behaviours at home. You will also find out where you can access local support if you are worried about your child's emotional wellbeing.

### Understanding and supporting children aged 3-11 years with Anxiety

You will learn about anxiety and how can we help our children people manage their worries. You will learn to identify the signs & symptoms of anxiety and how it might present in children of different ages. You will learn to differentiate between the usual stresses of childhood and anxiety that may be more problematic for your child. You will learn practical strategies and techniques you can do at home to support your child when they are feeling anxious. You will also find out where you can access local support if you are worried about your child's emotional wellbeing.

### Understanding and supporting children aged 12+ with Anxiety

Similar to the above topic, you will learn about anxiety in relation to young people aged 12+ years. You will also learn some new strategies to support a young person within this age group. You will also find out where you can access local support if you are worried about your child's emotional wellbeing.

### Understanding and supporting young people aged 12-18 years who self-harm

You will learn about self-harm, what it is and how you can help your child/young people? You will learn about some of the reasons young people self-harm and what can maintain this behaviour. You will learn practical strategies and techniques that may be helpful for a child/young person who is self-harming. You will also find out where you can access local support if you are worried about your child's emotional wellbeing.

### Understanding **sensory needs** in school aged children

You will learn about sensory processing in children/young people and gain an understanding of how it affects them in their day to day life. You will learn about your child's sensory needs and how you can support them to better manage their anxiety, low mood and other common mental health difficulties. You will learn practical strategies & techniques to try at home to manage your child/young person's sensory needs and will also find out where you can access local support if you are worried about your child's emotional wellbeing.

**PLEASE NOTE: All our sessions are aimed at early intervention and prevention and may not be suitable for those already involved with other Rise Services. These sessions are not suitable for parents of children/young people with moderate to severe learning needs.**