



Online Parent Groups

Supporting your child with their emotional wellbeing

For parents of children at primary school

Supporting Your Child with Fears & Worries

Are your child's worries and fears starting to impact their day to day life? This course will provide you with an understanding of how fears and worries develop in children, as well as **evidence-based strategies** and guidance to support your child with overcoming their fears and worries. This online group runs for **6 weeks** and are run regularly throughout the year.

Understanding Your Child's Behaviour

Are you currently experiencing difficulties with your child's behaviour? This course will provide you with evidence-based strategies to promote a **positive relationship** with your child, supporting them with their emotion regulation and addressing any concerning behaviours. This online group runs for **7 weeks** and are run regularly throughout the year.

If you would like to attend one of our groups, email

ewtandestenquiries@neft.nhs.uk

