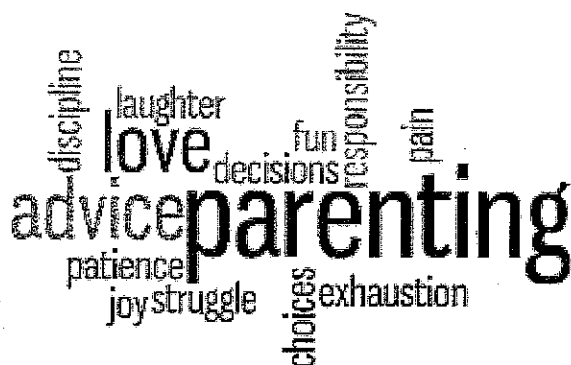


Understanding Your Child's Behaviour



There is no such thing as a perfect parent or a perfect child

and

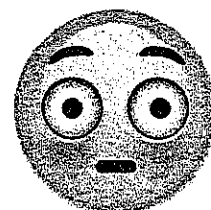
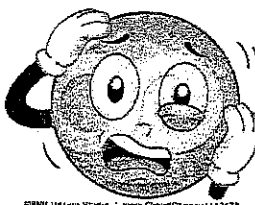
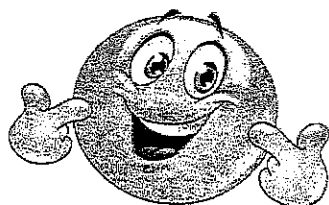
Parenting can be hard and it's about recognising that it is hard

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

- ❖ The reasons why child behaviour in the way they do!
- ❖ What causes poor behaviour
- ❖ How to encourage better behaviour
- ❖ Working together with your child's school
- ❖ Information about our parenting programmes & the Walsall Way of Parenting
- ❖ Accessing 'Early Help' to support your child or teenagers

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

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 teenagers

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

Becoming your partners for
first class integrated care



@WalsallHealthcareNHS



Safe, high
quality care



Care at home



Partners



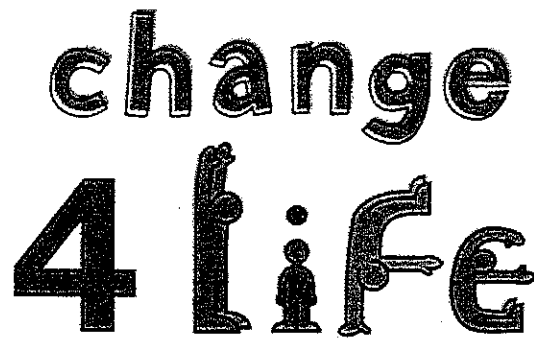
Value
colleagues



Resources

www.walsallhealthcare.nhs.uk

Living Healthy Lifestyles



Eat well Move more Live longer

"These days, 'modern life' can mean that we're a lot less active. With so many opportunities to watch TV or play computer games, and with so much convenience and fast food available, we don't move about as much, or eat as well as we used to" (Change4Life)

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

- ❖ What is a healthy lifestyle
- ❖ Thinking about food
- ❖ Time to exercise
- ❖ 5 Ways to Wellbeing
- ❖ Information about our healthy lifestyles programmes for children and families

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

Becoming your partners for
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@WalsallHcareNHS



Safe, high
quality care



Care at home



Partners



Value
colleagues



Resources

www.walsallhealthcare.nhs.uk



Adult Resilience – Strong Not Tough

A group designed to assist adults to deal with challenges that may lead to feelings of stress and anxiety

When we talk about resilience, we are talking about a person's ability to cope with stress and hardship – the ability to 'bounce back'.

Life's pressures can lead to stress and anxiety about our children, relationships, body image and many other things. Because of this, it is not uncommon to experience anxiety and low mood which can impact on our lives and our ability to do our best

The Adult Resilience Program helps adults to improve skills to cope more effectively with many challenging situations that they may come across. The program is aimed at providing participants with a resilience tool box – a number of strategies that can be used to reduce stress and anxiety and improve self-esteem and confidence.

Each course runs for **5 weeks**. Some of the skills taught in the program are:

- ❖ Developing an awareness of own feelings, mindfulness and empathy
- ❖ Identifying body clues when getting stressed and Relaxation
- ❖ Challenging negative thoughts and changing them into positive thoughts
- ❖ Identifying role models and building support networks
- ❖ Setting goals and exploring solutions and coping step plans

Enrolment criteria:

- ❖ If you are a parent/carer of a child aged 5-19years attending a Walsall School or if you are a young person aged 16-19years

Dates of the next courses are:

Adult Resilience Program

Contact School Nursing Service for dates and venues on 01922 423292

If you would like further information or to book a place on the above course then please contact us by email or phone.

Email: wellbeing@walsallhealthcare.nhs.uk

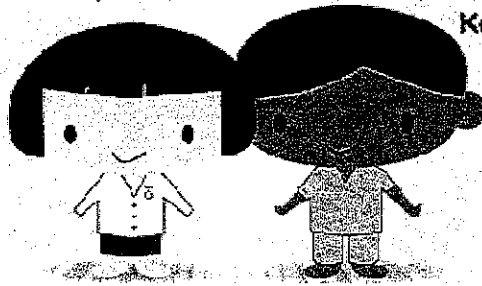
Phone: Sam Masood (School Nursing Service) on Tel: 01922 423292 (Or School Nursing Service on Tel: 01922 423349 During school Holidays)

Becoming your partners for first class integrated care





Enuresis



Keeping Healthy

Immunisations

Emotional Health

Weight Management

Sexual Health

Drugs and Alcohol

Smoking



"Bedwetting is a widespread and distressing condition that can have a deep impact on a child or young person's behaviour, emotional wellbeing and social life. It is also very stressful for the parents or carers." (Nice 2010)

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

- ❖ What is nocturnal enuresis and the management
- ❖ What causes night time wetting
- ❖ The treatments nocturnal enuresis
- ❖ Bladder capacity
- ❖ Advice and support
- ❖ Routines
- ❖ Toileting patterns

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

