

Helping children understand, express and manage their emotions

A supportive, child-centred programme designed to help children aged 5-13 manage big feelings, build confidence and develop healthy ways to cope.

Through play, creative activities and age-appropriate therapeutic approaches, children are supported to explore their feelings and develop practical skills they can use at home and in everyday life.



THE 12-SESSION PROGRAMME

- 1 Assessment with Parents**
Understanding your child.
- 2 Safety, Rapport and Engagement**
Building a safe and trusting connection.
- 3 Feelings and Body Signals**
Recognising and understanding emotions.
- 4 Coping Skills Toolbox**
Exploring practical and creative strategies.
- 5 Needs, Feelings and Self-Kindness**
Understanding needs and building self-kindness.
- 6 Parent Review**
Sharing progress and supporting strategies at home.
- 7 Relationships, Boundaries and Safety**
Exploring healthy relationships and personal safety.
- 8 Stress, Energy and Overload**
Recognising and managing overwhelm.
- 9 Strengths, Confidence and Coping Plan**
Building confidence and creating a coping plan.
- 10 Ending, Closure and Future Support**
Preparing for the ending and looking ahead.
- 11 Celebration of Progress**
Recognising achievements.
- 12 Final Parent Review and Ending**
Reviewing progress and supporting the future.

WORKING TOGETHER WITH PARENTS & CARERS

Parents and carers play an important part in supporting a child's emotional wellbeing and are a key part of the programme. Working together helps us build a fuller understanding of your child and support them to use what they learn in therapy in everyday life.

Parent and carer involvement helps to:

-  Build a shared understanding of your child's strengths, experiences and needs.
-  Provide consistency between therapy, and home life.
-  Reinforce coping and emotional regulation strategies outside of sessions.
-  Recognise progress and any areas where additional support may be helpful.
-  Ensure support remains collaborative, safe and centred around your child's best interests.

SUPPORTING YOUR CHILD BEYOND THERAPY

The aim of the programme is to help your child leave therapy with a better understanding of themselves, greater confidence in managing their emotions and a personalised toolkit of strategies they can continue to use at home and in everyday life.

COULD THIS PROGRAMME SUPPORT YOUR CHILD?

-  Speak to your GP practice team to find out more about the programme and whether it could be suitable for your child.

Referrals to the programme are made through your GP practice.

KEY BENEFITS



- ✓ Greater emotional awareness
- ✓ Practical coping skills
- ✓ Improved confidence and self-esteem
- ✓ Healthier relationships
- ✓ Better able to manage big feelings
- ✓ Skills for home and everyday life



12 weekly
sessions



Child-centred &
age-appropriate



Confidential &
supportive