



Supporting Difficulties with Emotional Regulation at Home: A Guide For Parents and Carers

Resources and tools to support parents and carers with meeting the needs of their children who are experiencing difficulties with emotional regulation.



BBC Tiny Happy People: A useful website that features simple activities and play ideas to support emotional development, behaviour and wellbeing at home and in learning environments.

<https://www.bbc.co.uk/tiny-happy-people/behaviour-and-wellbeing>



Place2Be: A useful website that features simple activities and play ideas to support emotional development, behaviour and wellbeing at home and in learning environments.

<https://www.place2be.org.uk/>



Anna Freud website: Three ways to help young children understand their emotions.

<https://www.annafreud.org/news/three-ways-to-help-young-children-understand-and-manage-their-emotions/>



Winston's Wish: A national charity offering support and advice for children who have experienced a bereavement.

<https://winstonswish.org/>



The Healthy Child Wolves App:

The Royal Wolverhampton NHS Trust (RWT) has launched the Healthy Child Wolves app which is packed with tips, advice and signposting to support families, from pregnancy to getting a child ready for school and everything in between. Please check your app store for the correct version for your phone.



In Our Place: Online learning courses related to emotional health, wellbeing and development. Use the code 'WOLVES1' to gain access.

<https://inourplace.heiapply.com/online-learning/courses>



NHS Humber Teaching - Behaviour: This website will enhance understanding of Behaviour in Early Years.

<https://connect.humber.nhs.uk/service/humber-sensory-processing-hub/behaviour/>



Parent Support Offer: Any upcoming parent workshops and support sessions in Wolverhampton can be found by clicking on the 'Parent Support Offer'.

<https://www.wolverhampton.gov.uk/education-and-schools/send-early-identification-support-services>



If you would like further information or support, then please contact the **Educational Psychology Service** on 01902 550609 or email inclusionsupportadmin@wolverhampton.gov.uk,

visit the **SEND Early Identification and Support Services** website: <https://www.wolverhampton.gov.uk/education-and-schools/send-early-identification-support-services>.

