



Dealing with a Feeling

Are you concerned about your child's emotional health and wellbeing?

Learning to deal with our emotions and feelings is all part of growing up. Some children may need a little bit of support to help them deal with their emotions and feelings.

Dealing With a Feeling can help children by:

- Helping recognise and understand the difference between feelings, emotions, and behaviours.
- Help with turn taking.
- Encourage the development of social skills.
- Learning ways to regulate feelings.



If you want to find out more about Dealing with a Feeling, and see if it is the right programme for you and your child:

- Get in touch by phone, email (details below).
- Have a look at our website.
- Just walk into one of our buildings where staff will be happy to help.

T : 0115 9773741

E : FHAshfield@nottscc.gov.uk

W : www.nottinghamshire.gov.uk/care/familyhubs