



WELCOME BACK TO SCHOOL

*EXCITED, NERVOUS, ANXIOUS?
NOT SURE HOW THEY'RE FEELING?*

EMOTIONAL HEALTH CAN MAKE A BIG DIFFERENCE
TO CHILDREN'S PROSPECTS IN SCHOOL AND BEYOND

In Cumbria, we believe in supporting children's emotional health development, and that's why we've invested in online courses in understanding your child for parents.

By understanding how your child's brain develops and responds emotionally, you can better support their needs as they navigate the big milestones in school.



- Learn to better read and understand behaviour
- Help them to communicate how they feel
- Gain psychologist-informed ideas to support your child



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