NHS Fife Child and Family Psychology Service

Understanding Kids

Is your child starting Primary 1?
This can feel like a big step filled with lots of new opportunities and challenges.
Are you wondering how to support your child through this next stage of their development?

Check out this video for more information

Workshop 1: How children develop
Workshop 2: Managing big emotions
Workshop 3: Making sense of behaviour
Workshop 4: Building connections and managing behaviour
Workshop 5: How to support your child's self esteem and coping
Workshop 6: Improving sleep

Access Therapies Fife

NHS Fife

To book a place, please visit www.accesstherapiesfife.scot.nhs.uk or scan the QR code at the bottom right.