

Webinar for Parents, Emotional Resilience

4th February 2021



Norfolk

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Norfolk Healthy Child Programme and Just One Norfolk



Norfolk Healthy Child Programme

The Norfolk Healthy Child Programme is the universal health service for all 0-19 year olds in Norfolk alongside their parents and carers.

Just One Number

Our Just One Number team can help you by providing health advice and information about your baby, child or young person. They are able to support you over the telephone, video call or text. Just call **0300 300 0123** or text **07520 631590** with any questions or concerns about your child's health, wellbeing or development.

Just One Norfolk

www.justonenorfolk.nhs.uk is our self-care website for families. It has information to support you to care for your child and offers support and guidance on where to go if you need more help.

JustOneNorfolk.nhs.uk

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What is 'Resilience'

Being resilient is about managing and responding to emotions in a healthy and positive way



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Praise



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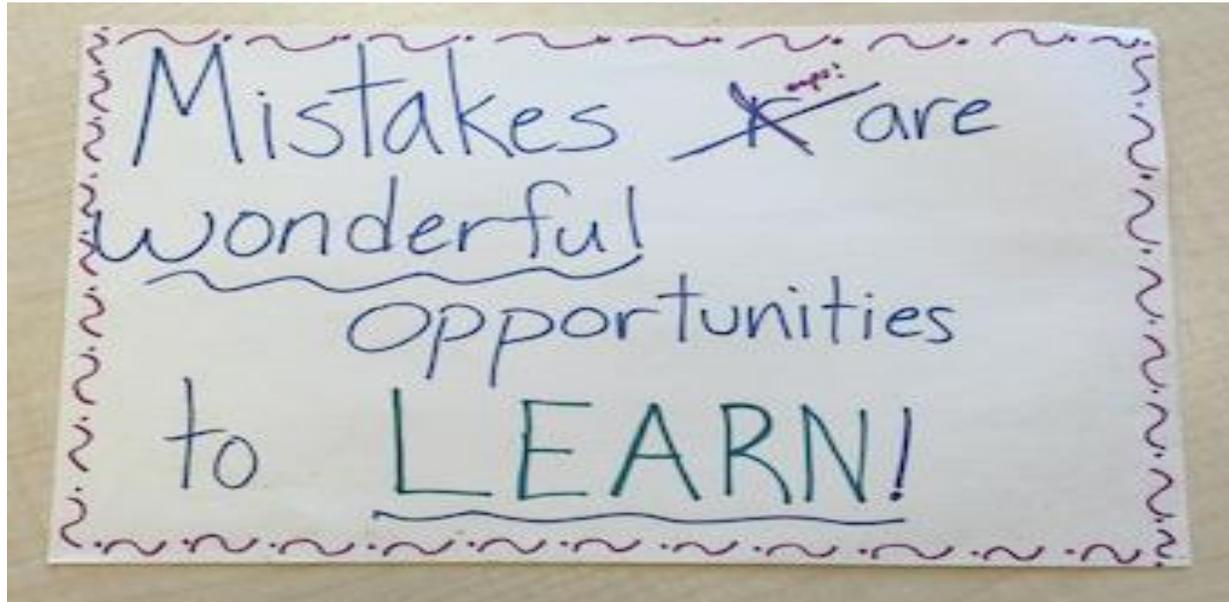
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It's okay to make mistakes



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Promote Friendships

Create opportunities for your child to connect with other children



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Connect as a family

Create opportunities for you all to connect and have fun together

Children & Young People's
Health Services
NORFOLK

JUST ONE NUMBER 0300 300 0123



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Exercise and mindfulness

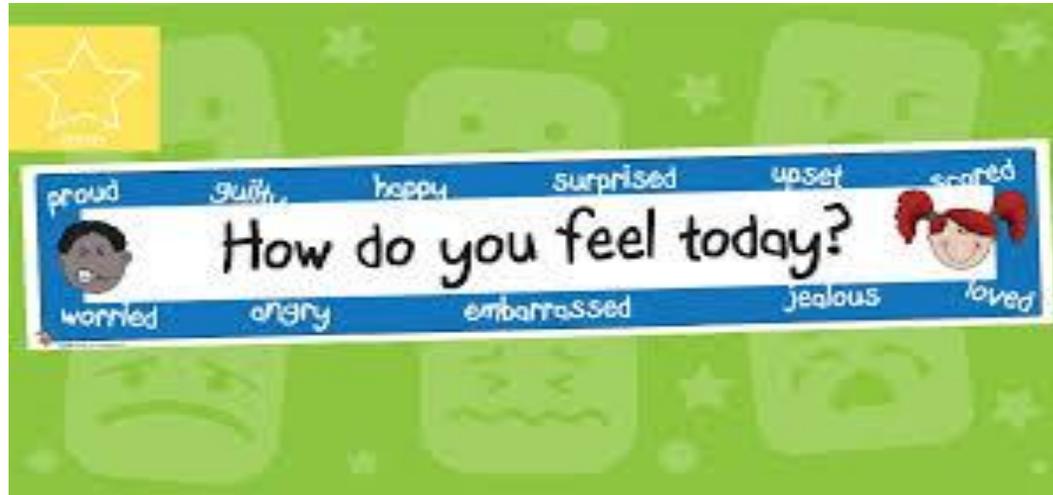


[JustOneNorfolk.nhs.uk](https://www.justonenorfolk.nhs.uk)

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Talking about thoughts, feelings and emotions



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Thank you for joining our online session, we hope you found it useful.

Please complete our online feedback form, which will be sent round after this webinar has taken place.



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