

Emotional health for early years.

Babies and young children develop and change at an incredible speed, unlike any other phase of development across the human lifespan. To be happy and healthy, babies need the adults looking after them to be consistent and predictable, and to be able to think of the baby as a person in their own right.



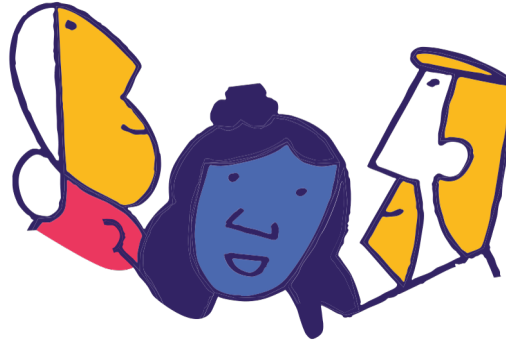
The relationship the baby makes with the people looking after them forms the 'blueprint' for other relationships and how the child will interact with the world. As the child grows into toddlerhood and young childhood they encounter a broader range of experiences and feelings. Good emotional health is the child's ability to use those core family relationships as a secure base, which helps them to:



- Confidently experience and make sense of their expanding world
- Safely return and 'refuel' before going out to explore again

What we offer

We offer free psychological support to families on any aspect of emotional health. We do this through:



Consultation

A 45 minute thinking space with a therapist to develop a shared understanding of what might be happening emotionally for you and your child/ren and what next steps might be to support the whole family.

Assessment

One or two sessions to think more deeply with a therapist about the child's needs and current family context, develop a shared understanding and plan for next steps.

Brief therapy

Up to six sessions of psychological support to address the issues raised in assessment. The type of therapeutic approach will depend on the child and family needs.

Chorus
Children & parents together

City Chorus

0-19 Emotional Wellbeing Service



**BEST
START
IN LIFE**



Age 0-5

Family life

Every family is different and what makes a positive relationship in one family looks different in another family.

Every new child in the family resets the whole system and everyone's identities are changed in some way. Becoming a parent for the first time is a significant change and impacts on other relationships, for example the couple relationship.

This is an intense period of life, because of the intensity of the infant/young child needs and rate of developmental change.

Common challenges

The explorations and discoveries of babies and young children are exciting but caring for a very young child can also be overwhelming and exhausting. Sometimes as parents we get connected to our own experience of being very young and vulnerable and it can feel unsettling. At the same time as managing the child's important milestones such as weaning, sleep routines, toileting and growing independence, parents also have to manage their own changing identities.

SEND

Caring for an infant or young child with additional needs and/or disabilities can be very tough. There can be a lot of worries about the child's health and what will happen as they get older. Often there is a period of waiting to see what happens developmentally and this can be a tricky time. Even though there might be a lot of professionals involved, it can feel lonely and the relationship with your child is under pressure.

Who we are

The City Chorus Child and Family Relationship Service is an emotional and mental health resource for children aged 0-19 (25 with SEND) and their families who live or work/study in the City of London. Our aim is to support families as early as possible, to prevent difficulties from escalating.

The team consists of:

Dr Eva Crasnow, child and adolescent psychotherapist, clinical lead

Dr Laura Casale, clinical psychologist, specialist community child and family clinician

We also have assistant psychotherapists and trainee psychotherapists on placement with us.

Further information

Who is the service for?

City Chorus is for families with children aged 0-19 (or 25 with SEND) who live or study in the City of London.

How to contact us:

Email us at city@chorusfamilies.co.uk to book a consultation or discuss a referral for assessment.

We will get back to you within 5 working days.

City Chorus is not an emergency service. If your concerns are urgent please contact City of London Children's Social Care and Early Help Team on 020 7332 3621 or out of hours 020 8356 2710, or for immediate health concerns please call 111.



www.chorusfamilies.co.uk

<https://www.fis.cityoflondon.gov.uk/best-start-family-hub/start-for-life>