

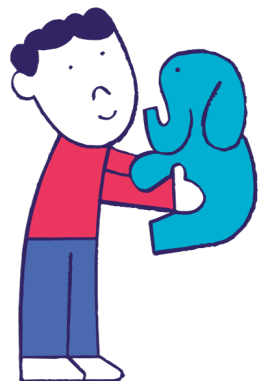
Emotional health for primary school-aged children.

Mid-childhood is marked by the experience of school and of learning to be in social groups, to follow rules and enjoy interests and hobbies.



To be happy and healthy in mid-childhood children need their parents and carers to remain consistent and predictable, and adapt to their changing needs.

Worries and doubts alongside passionate interests and collecting can be an ordinary part of development for children in this phase.

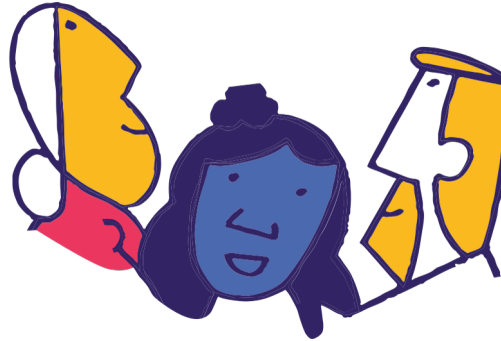


Children need reassurance and support with developing confidence in their own ideas and capacity to manage their thoughts and feelings, alongside the help of their important adults.



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 your child/ren and what next steps might be to support them.

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 6-11

Family life

As children get older they need their parents and family members in different ways. Sometimes in a family it can take time to understand what children can or can't do once they are past the very physically dependent stages.

As they move into different stages of their ability to understand themselves and the world around them, the way we talk to children about events inside and outside the family shifts.

Children become more aware of the back and forth in relationships and a new phase of feeling close to and known by family members can take off.

Common challenges

Though this age range is full of cognitive, social and relational leaps forward, children remain dependent on their parents and carers to help keep their emotional life steady.

Finding the balance between giving your child the encouragement to take the next step and knowing when they need to be looked after in a different way can be really tricky.

SEND

This is the phase when a lot of children's needs will emerge and there can be a range of experiences in accessing support, assessment and planning for provision where needed. Later in primary school the differences between children can become more apparent and different children and families experience this in different ways. This can be an isolating time and have an impact on the whole family.

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

www.fis.cityoflondon.gov.uk/best-start-family-hub