



# Helping your Child to Understand Puberty and Growing up



We know that life is not normal at the moment due to Coronavirus however we recognise that parents/carers still need information to support their child. At this time of year, the School Nursing Service usually offers each school a parent/carer information session 'supporting your child through puberty and growing up'. These sessions aim to provide reliable information and access to resources to help you talk to your child about what will happen during puberty. We know this can be a sensitive subject for both adults and children and we want to support you to have these conversations with your child.

We cannot come into schools at the moment because of social distancing guidance. However, we can offer these sessions virtually. We are offering video session via Microsoft Teams which is safe application used by the NHS.

The workshop will cover:

- Body changes
- Personal Hygiene
- Emotions
- Personal Safety
- Healthy Lifestyles
- Healthy Relationships

To book on a session please call our single point of access on **01922 423349**. We want to keep these sessions safe and open only to parents/carers of children attending a Walsall school. When you call, we will ask you a few details so that we can verify you and your child's details. Once you have booked a session, we will then send you an email invite to join that session nearer the time of the session. Your email will be hidden from other parents on the video session.