

NewDay Talking About Emotions

helping parents and children talk

NewDay Talking About Emotions supports you and your child to talk to each other about things that matter, and find ways to build a more trusting relationship.

What to expect?

NewDay works with you and your child to discuss your feelings and experiences, where relevant about domestic abuse, together.

The three sessions start with a pre-meeting with you to discuss why you were referred to our service and what we can do to help.

Then we offer three sessions with you and your child together, to give you useful tips on how to talk, safety plan, and regulate emotions.

NewDay will keep the lead professional working with your family updated about your contact with our service, and share a short write up with you both at the end of our work.

Course details

Three sessions of parent & child work.

Who is it for?

NewDay Talking About Emotions is for parents and children who have experienced domestic abuse.

How does it help?

Families get support to:

- talk about things that matter
- learn techniques for soothing and regulating emotions
- make or build on their existing safety plan.

Who can refer?

Social Worker or Families First Worker.

What are the referral criteria?

NewDay can support families that have experienced domestic abuse and are currently working with a Social Worker or Families First Worker.

For parents who have separated i.e. not living together, or when the person committing abuse is engaging in a linked NewDay service.



“If every team was like the one we worked with, it would achieve major change for many families”