



Armed Forces Children in Cornwall project

Emotional first aid

This three day course has been designed to enhance the universal support available for all learners, whilst also encouraging participants to identify and consider those who may benefit from a more targeted approach including the children of Armed Forces families. The programme is designed to enable staff to receive and be trained in, the use of an emotional first aid toolkit which they will develop and personalise to enhance their own professional development. The training complements other programmes linked to emotional well-being, inclusion and nurture. The three days includes considering key aspects through the lens of an Armed Forces family. The training is delivered in collaboration with experts who are able to share their knowledge and experience and are able to signpost to additional sources of support and information for both practitioners and families.

Key areas covered are:

- **Emotional first aid** - introducing participants to the concept of emotional first aid and to start to understand behaviour as a solution to emotional distress.
- **Worry and sadness** - breaking down the two most prevalent mental health difficulties.
- **Attachment** including the cycle of deployment- understanding the concept of attachment and the relationship we have with the children we work with, paying attention also to the notion of detachment.
- **Enabling emotional expression** - sharing strategies to engage children and help them through their emotional distress.
- **Understanding risk** - focussing on the three main categories of risk: From others, to self, to others.
- **Looking after ourselves** - how we look after ourselves as emotional first aiders; identifying how the work affects us and exploring our own stress management.

The course aims to:

- Enable practitioners to recognise and understand the uniqueness of being an Armed Forces family.
- Support practitioners to feel confident in having a conversation with Armed Forces parents about the uniqueness of their situation.
- Enable practitioners to feel confident in identifying and meeting the needs of a child from an Armed Forces family.
- Support practitioners to have a good understanding of sources of support and advice for Armed Forces families.

Emotional first aid

- recognise and understand the importance of developing an inclusive, nurturing environment which supports the social and emotional well-being of all children, young people and the adults who work with them
- develop practical strategies to do this

Additional information:

- All participants receive an 'EFA pizza box' and a resource pack which includes picture books and other resources to support PSED.
- £100 per person, per day, backfill will be paid for staff attending.
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Led by: Stephanie Wright, Lead Officer for Early Years, Education Effectiveness Service and Sarah Pike, Early Years Consultant (PSED)

Cost: Free

Dates	Venues	Times
13, 18 & 25 November 2025	Venton Conference Centre, Summercourt	09.30-16.00

How to apply: To book a place please email earlyeducationtraining@cornwall.gov.uk with your name, setting and email address.