

# MILFORD INFANTS

## ***Somerset Emotion Coaching Project -supporting School Readiness in Yeovil***

Milford Infants is involved with this new project supporting children and their families prepare emotionally for moving from early years into reception.

There is a general resource which is available for all to access, and there are some lovely videos you can watch covering a range of topics, all to do with emotions of a child.

We would encourage you to look at the page as there are some wonderful videos you can watch.

Best of all, it's FREE!

Please feel free to have a browse and see if anything is of interest:

**[www.mindfulemotioncoaching.co.uk](http://www.mindfulemotioncoaching.co.uk)**

If you are interested in finding out more about emotion coaching you can contact the project lead Dr Sarah Temple through links on the [www.emotioncoachingsomerset.co.uk](http://www.emotioncoachingsomerset.co.uk) webpage. Sarah and her team will be offering a number of free emotion coaching opportunities to parents and carers at Milford as part of this Somerset Public Health funded project. Your contact to talk about this is

