

# Cost of Living Crisis, Poverty and the Effects on Parenting and Children's Mental Health

## Background

Poverty increases the risk of mental health problems and can be both a causal factor and a consequence. Mental health is shaped by the wide-ranging characteristics (including inequalities) of the social, economic and physical environments in which children and their families live.

Everyone working within children and family workforce will benefit from developing their knowledge and awareness of the effects of family poverty.

## Learning Objectives:

- Describe some of the emotional and psychological impacts of poverty and social exclusion on the lives of families with children
- The way that practitioner interactions with families can re-enforce or relieve feelings of blame and disempowerment.
- The types of support that can help mitigate the impact of poverty on parenting and children's outcomes.

You can **book your place** using our [online booking form](#). Details of course fees and our cancellation policy can be viewed [here](#).

## Level 2

### Facilitator

Redbridge Educational Wellbeing Team ([REWTE](#)), London Borough of Redbridge

### ONLINE (short course)

**Wednesday 15/11/23**

09:15	Registration
09:30	Start
13:00	Finish

### CLASSROOM (half day)

**Friday 16/02/24**

Venue to be confirmed

13:15	Registration
13:30	Start
17:00	Finish