



## The CAYP Webinar Series

**Tuesday 24<sup>th</sup> March 2026**  
**8:00-9:00pm**

# What's Really Going on with My Child's Focus and Emotional Regulation?

With Consultant Clinical Psychologist  
Dr Daniel Weisberg

This session is going to explore what may be driving ongoing difficulties with focus, emotional regulation and impulsive behaviour in children and young people.

We'll look at why some young people feel constantly overwhelmed or emotionally reactive, and how this can impact daily life at home and school.

Alongside this, we'll be providing practical strategies and tools to help support both your child and the whole family.

### Overview:

- Why some children have focus and attention difficulties
- What's going on behind emotional reactivity
- Why small things can trigger such big reactions
- Co-regulation and supporting big feelings
- When focus and regulation difficulties raise bigger questions
- When to think about seeking an assessment or specialist support and how this may help
- Practical strategies to support focus, attention, regulation and behaviour at home and school

### Who can join:

This session is primarily for parents and carers of primary and high school aged-children, but anyone working with children is welcome to attend.

**[Click here to book your place.](#)**



## About Dr Daniel Weisberg

Dr Daniel Weisberg is a Consultant Clinical Psychologist and the Managing Director of CAYP Psychology, an award-winning psychological healthcare service for Children, Adolescents, and Young People across the UK and online. Daniel has over a decade of experience working in NHS children’s services and specialises in paediatric neuropsychology.

Daniel completed his PhD in children’s emotional development and later trained as a Clinical Psychologist at the University of Manchester. His work has contributed to national and international research into child development, rare genetic and developmental differences, and paediatric neuropsychology. Daniel’s psychological knowledge and understanding has been shared in social, local and national media. He founded CAYP Psychology in 2016 to ensure that children and families can access timely, high-quality independent psychological healthcare. CAYP has since grown into a team of over 100 clinicians, across 40 UK-wide clinics and online.

## About CAYP Psychology

CAYP Psychology (pronounced “cape”) is an independent, clinical psychology-led service offering expert therapy and assessments for children and young people aged 0–18 (or up to 25 for autism assessments). We support a wide range of emotional, behavioural, developmental, and learning needs, and provide outstanding specialist assessments for autism, ADHD, dyslexia, and intellectual disabilities.

We work closely with both schools and parents, and our reports are frequently used in EHCP applications and education tribunals. With nearly 100 highly qualified clinicians across more than 40 UK locations and online, we are proud to deliver thoughtful, values-driven support for children, families, and schools.

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