



## Children's Wellbeing Service Information for Parents

We are Children's Wellbeing Practitioners. We are an early intervention service, set up to provide support for families and are based in your child's school. We offer two programmes. Both programmes consist of eight sessions with parents. Most will take place face-to-face in school and some by phone.

### Child anxiety

This is for parents seeking support in managing their child's anxieties. It's aimed for children aged 4 – 11 and often feeling worried (e.g. shy, panicky or fearful of things such as separation, monsters, the dark, friends, school)

### Tricky behaviours

This is for parents seeking support in managing their child's common behavioural difficulties (for example not following instructions, difficulties at bedtime, tantrums, being rude). This programme is aimed for children aged 3 – 8 but we can sometimes work with the parents of older children.



These sessions aim to empower parents/carers by helping them understand their child's difficulties and by providing tools and coping strategies they can use with their child. We call this Guided Self-Help. This focuses on building confidence and resilience and involves trying techniques with your child at home.

It's really important that you give these techniques a go and that one parent attends all sessions so that your family can get the most out of the sessions.

### Next steps...

If you are interested  
please collect a referral  
form from school