

One to One Telephone Support for Parents/Carers

Who are we?

We are a team of both qualified and trainee Educational Mental Health Practitioners (EMHPs) delivering evidence based interventions within the school setting

Who can we help?

We work with parents/carers of primary school children who are:

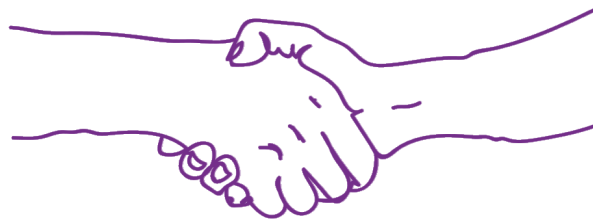
- Feeling anxious
 - Worried
 - Stressed
 - Fearful
 - Overwhelmed
- Having behavioural difficulties
 - Frustrated
 - Having frequent tantrums
 - Difficulty following routines

How can we help?

We provide 1:1 **guided self-help** over 5-8 weekly sessions

We aim to **support and empower** parents/carers to:

- Highlight their child's skills, strengths and efforts
 - Promote the parent-child relationship
 - Set boundaries with 'positive discipline'
- Develop coping strategies to manage their child's difficulties



Contact us by speaking to Karis Stanislaus or your child's class teacher