



Support For Parents/Carers

Helping your Child Feel more Confident, Calm & Happy

WHAT WE OFFER:

- Friendly, practical **1:1 advice and support for parents**
 - 6-8 evidence-based weekly 1:1 **parent sessions** with proven strategies, personalised for you
 - **Free online webinars** on children's wellbeing
 - Resources and **recorded workshops** to use anytime
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- **Calmer routines** and **fewer conflicts** at home
 - Children feel **more confident** in new or social situations
 - Children **learn to cope with worries** and **build resilience**
 - **Parents feel supported**, reassured, and not alone

HOW IT HELPS:

WHAT PARENTS SAY:

*"The **support was fantastic** - I felt **listened to** and encouraged."*

*"We now **have calmer routines** at home and my **child is happier** at school."*

*"I'd **recommend this service** to any parent."*

Scan the QR code to find out more and apply, or speak to your child's school



SCAN ME

For more information, please go to:
<https://swlstg.nhs.uk/education-wellbeing-service>,
or email the team at EWSinfo@swlstg.nhs.uk

