

Wandsworth Education Wellbeing Service Information for Parents

Who We Are...

We are Children and Young People's Educational Wellbeing Practitioners (EWPs). We work with the parents of children who are experiencing mild to moderate anxiety or common behavioural difficulties. We are a new early intervention service, set up to provide support for families who are experiencing these concerns. We offer face-to-face sessions in school and some telephone sessions.

What We Do...

We offer two support programmes; one for parents who would like support with managing their child's anxiety and one for parents who would like support with managing their child's everyday tricky behaviour.

Both programmes consist of 8 sessions.

Sessions aim to empower parents/carers by helping them understand their child's difficulties and by providing tools and strategies they can use with their child.

Who We See...

Parents with children who are:

- 4-11 years and often feel worried (e.g. shy, panicky or fearful of specific things, such as dogs or social situations).
- 3-8 years and are experiencing any of the following common difficulties: not listening or following instructions, difficulties at bedtime, tantrums, being rude to parents.

*We are unable to see children who are currently open to social care or are being seen by CAMHS.

How will it help?

Anxiety sessions give parents/carers techniques to use with their child to help manage their anxiety and develop resilience.

Behaviour support sessions aim to strengthen family relationships and enable parents/carers to feel more confident in responding to their child's behaviour

What do we expect?

Sessions are held with parents rather than the child, however, we may ask the child to attend part of the sessions if it is helpful.

The parent needs to attend 4/5 face-to-face sessions within school and be available for 4 30 minute long phone calls held during normal working hours.

Guided Self-Help involves trying techniques with your child at home. It's really important that you give these ago so your family can get the most out of the sessions.