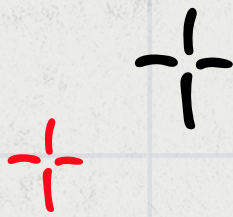


OFF THE RECORD'S SCHOOLS WELLBEING SUPPORT

Emotional Wellbeing Practitioners (EWPs) are part of Off The Record's Croydon Schools Team. We offer parent-led support for parents whose children may be experiencing common behaviour difficulties or anxiety



Support we can offer:

1:1 support with parents/carers to support your child with common behaviour difficulties or anxiety

Group support with children, covering topics such as: friendship, anxiety, emotional regulation and transitions

Parent/carers coffee mornings and workshops

Whole school and class assemblies

Meet and greets with a practitioner to work collaboratively and discuss support options

About Off The Record:

Off the Record is a charity that provides free emotional support and counselling services for young people in Croydon, Merton and Sutton.

For more information about Off the Record and our range of services please visit our website:



www.talkofftherecord.com

TALK TO US



PARENT-LED SUPPORT

What is parent-led support?

The practitioner provides parents/caregivers with tools and techniques to support their child. The child will not be present in the sessions with the practitioner.

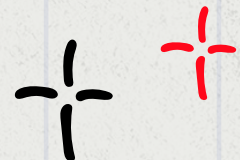


Why parent-led?

Parents/caregivers know their child best, and children at primary school age respond best to them. There is a strong evidence-base that shows greater effectiveness when support is provided through the primary caregivers

Parent-Led Anxiety

- Evidence-based, early intervention to support parents/caregivers to help their child manage anxiety
- For children who are experiencing anxieties such as: social anxiety, separation anxiety and specific phobias
- 6 sessions with a practitioner
- 4 face-to-face in school (60 mins)
- 2 telephone reviews (15-20 mins)
- Based on resources like Helping Your Child with Fears and Worries by Cathy Cresswell



Common Behavioural Difficulties

- Evidenced-based, early intervention to support parents/carers with managing common behavioural difficulties
- 8 sessions with a practitioner in school (60 mins)
- Provides tools and techniques to promote positive relationships, attachment and pro-social behaviour, and to support healthy routines, boundaries, limit setting and emotional regulation

TALK TO US

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THE RECORD