

Child Wellbeing Services

- **Do you often struggle to get your child to do the things you need them to do?**
- **Do you feel that you are not enjoying your children as much as you hoped you would because you find their behaviour difficult to manage?**

Or:

- **Do your child's fears and worries impact on your family's daily life?**
- **Would you like to understand how to help your child manage their anxiety?**

If you've answered yes to one of these questions, a Child Wellbeing Practitioner may be able to help you. We work with children who are experiencing mild to moderate anxiety or common behavioural difficulties. We are a new early intervention service and we are based in your child's school.

We see parents whose children do not have a mental health diagnosis and are:

- **Aged 3 – 8 and experiencing behavioural difficulties** (e.g. not listening or following instructions, difficulties morning/bedtime routine, angry outburst or tantrums, poor behaviour at meal times)
- **Aged 4 – 11 and often feeling worried** (e.g. shy, panicky, not wanting to be away from family, scared of specific things such as dogs or social situations)

We offer two programmes, one for parents who would like support with managing their child's anxiety and the other to support with managing their child's behaviour. We offer up to 9 sessions consisting of a combination of 1hr face to face sessions and shorter 30 minutes telephone sessions. These sessions aim to empower parents/carers by providing tools and strategies they can use with their children to manage their difficulties. We call this Guided Self-Help.

If you are interested in our service please collect a referral form from Mrs Munro.