

All families at different times need some extra support, for many reasons.

The Parent Support Advisor will listen and empower you, working towards finding solutions, helping to support you to make the changes required to meet your goals.

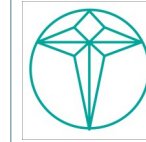
Our work includes:

- One to one work with parents including talking, listening, reflecting, supporting in times of crisis
- Signposting
- Partnership working with Community and Voluntary agencies
- Finding practical strategies with parents, children and young people to improve behaviour / relationships
- Outreach - supporting families accessing community resources

The Parent Support Advisor can help with:

- Parenting concerns
- Bereavement
- Behavioural management
- Returning to work / education
- Benefits/housing/debt
- Bullying
- Confidence building
- School attendance
- Mental well-being
- Healthy lifestyle
- Accessing local services
- Relationship breakdown
- E-safety

Parent Support Advisor



An Daras
Multi Academy Trust



Mrs Grout and Mrs Pike

Contact options:

- 01566 772198
- Email: psa@andaras.org
- Call at Reception and ask for one of us, or leave a message for us to contact you.

Bringing up children can be full of rewards but isn't always easy!



- **The Parent Support Advisor aims to:**
- Support you in relation to your child's learning & development, both in and out of school
- Build on your strengths and
- experience as parents and carers, by valuing your expertise and knowledge about

Your Child!

We will listen, support and advise by

offering practical parenting strategies to help with:

- Strengthening existing parent-ing skills
- Managing challenging behaviour and setting boundaries
- Concerns around education including attendance, progress and home-work
- Routines, mealtimes, sleep and play
- Parents becoming more involved with their child's school and learning
- Making informed choices and accessing local services

The Family Support Advisor offers:

- A link between home and school
- A confidential listening service
- Information, advice, guidance on a range of issues
- Help with transition from primary to secondary school
- Support with meetings in school
- Help with referrals to other services and organisations
- Support for you and your family if you are new to the area
- Advice on Parenting groups and courses in the area
- Advocacy - speaking on your behalf