

Sutton Education Wellbeing Service

Information for schools

Who We Are...

We are Children's Wellbeing Practitioners (CWPs) working with the parents of children who are experiencing mild to moderate anxiety or common behavioural difficulties.

Our team is part of Sutton Child and Adolescent Mental Health Services. We are a pilot intervention service and we are currently based in your school.

And we are offering support during the summer break!

What We Do...

We offer two 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 behaviour.

The anxiety programme is up to eight sessions long. This includes four face to face sessions and four shorter phone sessions.

The behaviour programme is up to nine sessions long. This includes five face to face sessions and four shorter phone sessions.

How Will It Help?

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

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

Who We See...

Parents with children:

- ✓ aged 3 to 7 for behaviour support
- ✓ aged 4 to 11 for support with mild to moderate anxiety
- ✓ attending school

- × who have a mental health diagnosis
- × who have received a previous intervention from CAMHS

What Do We Expect?

- Parents/Carers need to be able to attend online sessions and be willing to try out different techniques with their children at home.
- The sessions will be during working hours, during the summer break and up to an hour long. The phone sessions will be half an hour and can be held during normal working hours

Next Steps...

If you have a child in mind who meets our criteria please discuss this with the child's parent/carer and provide them with an application form. Please return this to us before 23 July, 2021