

**Sutton Education
Wellbeing Team**

We are an early intervention service, set up to provide support for families who are experiencing common behavioural difficulties or fears and worries and we are currently based in your school.



**Alba Cardona-Abril
Children's Wellbeing Practitioner**

You may see me around the school. Feel free to say hi and ask me about the work we do.



Visit our YouTube channel
Children & Young People's Wellbeing Service

for a great selection of mental health and wellbeing videos for parents, staff and young people.

For more information about our interventions, speak to the family support worker **Ms. Boylan and/or Miss Kirby**, who can provide you with our application form. Please return it to her once you've completed the form.

Do you often struggle to get your child to do the things you need them to do? Do your child's worries or fears impact on your family's daily life?
Parenting can often feel hectic, without enough time to think about what you're doing to get the best out of your child. It is easy to become stuck in a cycle of reacting to children's emotions and behaviour in the moment without having the space to think proactively about how you're managing them and setting them up to do well.

Our Parent Interventions

We offer 2, parent-led, Guided Self-help support programmes for parents looking to explore new ways of supporting their children with...

Anxiety

Challenging Behaviour

Who We See...

Parents with children:

- ✓ aged 4 - 11 who often feel worried (e.g. panicky or fearful of specific things such as dogs or social situations).
- ✓ aged 3 - 11 and are experiencing any of the following common difficulties: not listening to or following instructions, difficulties at bedtime, tantrums, rude to parents.
- ✗ who have a mental health diagnosis
- ✗ who are waiting for or receiving intervention from CAMHS

How will it help?

Our programmes empower parents/ carers by helping you to understand and manage your child's difficulties. Through a process called Guided Self-Help, we will provide tools and coping strategies you can use with your child to help you understand their feelings and behaviour patterns and put in place effective strategies so that family life can feel calmer and happier.