

## Free confidential support for:

Parenting concerns

School attendance

Establishing good routines

Confidence building

Relationship building

Behaviour management

Benefits/housing/debt

Returning to work/education

School transition

Healthy lifestyle

Bereavement

Bullying

Mental Well being



If you are a Parent, Carer or family who would like one off, on-going support or advice, please contact me for a quick chat or to arrange an appointment



Dawn Mason  
PSA @fivelanes.wilts.sch.uk  
Tel: 07340866562

Available in school  
Tuesdays:

- Rowde
- St Joseph's, Devizes

Wednesdays

- Urchfont
- Five Lanes, Worton

Thursday

- St Barnabus, Mkt Lav
- Nurseed, Devizes.

### **DATA PROTECTION POLICY**

**All information will be treated with the strictest of confidence. In line with your School's Data Protection Policy regarding pupil information**

# Parent Support Advisor



Parenting isn't an easy job and at times things get tough.

Like every parent you want what is best for your child. Parent Support Advisors are here to help families deal with issues, worries or concerns.

We may not have all the answers but together we can explore ways forward.



Useful Contacts

Citizens Advice Bureau

03444 111444

School Nursing Team (Virgin Care)

0300 247 0090

Wiltshire Council

0300 456 0100

Universal Tax Credit

0800 328 5644 (choose option 2, then option 3)

Parenting

[www.familylives.org.uk](http://www.familylives.org.uk)

[www.direct.gov.uk/parents](http://www.direct.gov.uk/parents)

[www.disabledparentsnetwork.org.uk](http://www.disabledparentsnetwork.org.uk)

[www.gingerbread.org.uk](http://www.gingerbread.org.uk)

[www.homedad.org.uk](http://www.homedad.org.uk)

[www.workingfamilies.org.uk](http://www.workingfamilies.org.uk)

[www.barnardos.org.uk](http://www.barnardos.org.uk)

[www.nhs.uk/livewell/disability.co.uk](http://www.nhs.uk/livewell/disability.co.uk)

[www.wiltshireparentcarercouncil.co.uk](http://www.wiltshireparentcarercouncil.co.uk)

Safety

[www.safekids.co.uk](http://www.safekids.co.uk)

[Think.direct.gov.uk](http://Think.direct.gov.uk)

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)



If you focus on **NEGATIVE**, you are not doing your job. Focus on what's **IMPROVING**.

[www.educationtohelp.org](http://www.educationtohelp.org)

**MANAGING CORONA VIRUS (COVID-19) ANXIETY**

**For You**

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

**For Kids!!!**

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

**For Quarantine/Isolation**

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

