

Emotional Wellbeing Support

from the schools wellbeing team
at Off The Record

Hi, I'm Rosie



I'm your **Emotional Wellbeing Practitioner (EWP)** from the **Off The Record** schools team, and I work at **Singlegate primary school** ever **Friday** supporting children with their **emotional wellbeing**.

What support I offer...

- ✓ 1:1 support through parents/carers to support your children with **common behavior difficulties** and **fears and worries**
- ✓ Group support with children for topics such as: friendships, anxiety, emotional regulation, and year 6 transitions
- ✓ Parent/ Carer coffee mornings and workshops ect.
- ✓ Whole school and class assemblies

About Off The Record

For more information about **Off The Record** and our range of services please visit our website:

<https://www.talkofftherecord.org>

TALK TO US
OFF THE RECORD



Referrals

You can make a referral for 1:1 parent-led support by contacting school or contacting us directly via mertonschools@talkofftherecord.org

Parent-Led Support

What is Parent-led support?

The practitioner provides parents/caregivers with tools and techniques to support their child. The child will not be in the sessions with the practitioner.

Why Parent led?

Parents/caregivers know their child best, and children at primary school age respond best to them. There is a strong evidence-base that shows increased effectiveness when support is provided through the primary caregivers.

Parent-Led Anxiety

- Evidence-based, low-intensity treatment to support parents/caregivers to help their child manage anxiety
- For children aged 5–12, who are experiencing anxieties such as: social anxiety, separation anxiety, and specific phobias
- 6-8 x 50 minutes sessions with a trained practitioner
- Based on resources like *Helping Your Child with Fears and Worries* by Cathy Cresswell



Common Behaviour Difficulties

- Evidenced-based, low-intensity treatment
- Provides tools and techniques to promote positive relationships, attachment and pro-social behaviour, and to support routines, boundaries, limit setting and emotional regulation.
- For children aged 5–11
- 6-8 x 50 minutes sessions with a trained practitioner

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