



Parent Support Advisor

Terri-Anne Old

What is a Parent Support Advisor?

As a Parent Support Advisor (PSA), I am here to help, support and offer advice for parents and carers who have any worries or concerns about their children, school life or personal circumstances. I offer the promise of a listening ear, appropriate support and signposting for those in need.

Recent issues that I have supported families with include:

- Attendance and lateness
- Children with anxiety
- Positive, assertive parenting approaches
- Concerns about children's behaviour
- Supporting families to implement new routines
- Sleep worries
- Children with sensory issues
- Helping families access additional support outside of the school
- Assistance during difficult times such as those finding themselves in abusive environments and supporting those encountering bereavements
- Challenges encountered amongst split family homes

How to contact me:

It's never too soon to make contact if you have any concerns. You can reach me via text on the PSA mobile

07903 6413074 or via email,

terri-anne.old@celticcross.education

Or call the school office on **01726 64322** and request an appointment to meet.

Normal working days are Monday and Wednesday 8.30-16.30 and Thursday 8.30-13.30.





Parent Support Advisor Terri-Anne Old

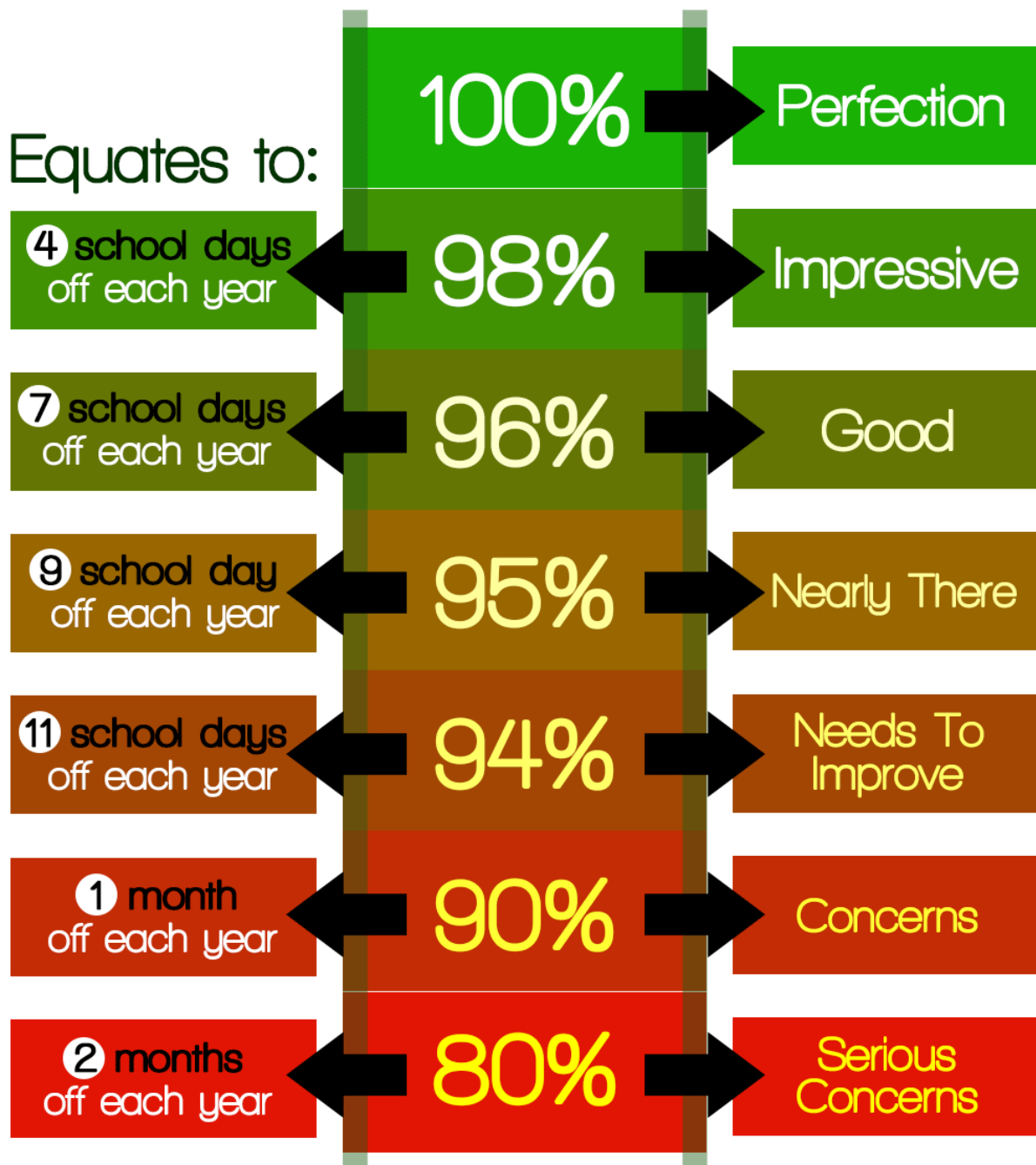


A point of contact for parents and carers;
happy to support you with any concerns or
issues that arise for you or your children.



Attendance Ladder

How close are you to reaching the top?



Sleep

Anxiety

Toileting

Attendance

Home issues

Diet

Hygiene

Routines

Safe use of tech

Self esteem

Well being

Resilience

Challenging behaviour

Rewards

Trauma or grief

10 WAYS TO HELP YOUR CHILD LOOK AFTER THEIR MENTAL HEALTH

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ROLE MODEL

Be a positive mental health role model. Demonstrate positive behaviours which your child can learn from you



TALKING

Support your child to talk about their problems and how they are feeling

COPING SKILLS

Work with your child to develop coping skills. Support your child to learn skills such as problem solving and thought challenging

SLEEP

Support your child to build positive sleep habits. Develop a good sleep environment with your child



WELLBEING

Promote healthy eating and physical activity. Exercise is a great tool to boost mood and reduce stress and anxiety



PLAY

Promote play and creativity among your child. Allow them to explore



SELF CARE

Make sure your child has time and space to look after themselves. Involve yourself in their hobbies



AUTONOMY

Allow your child to make their own decisions. This will help to build resilience

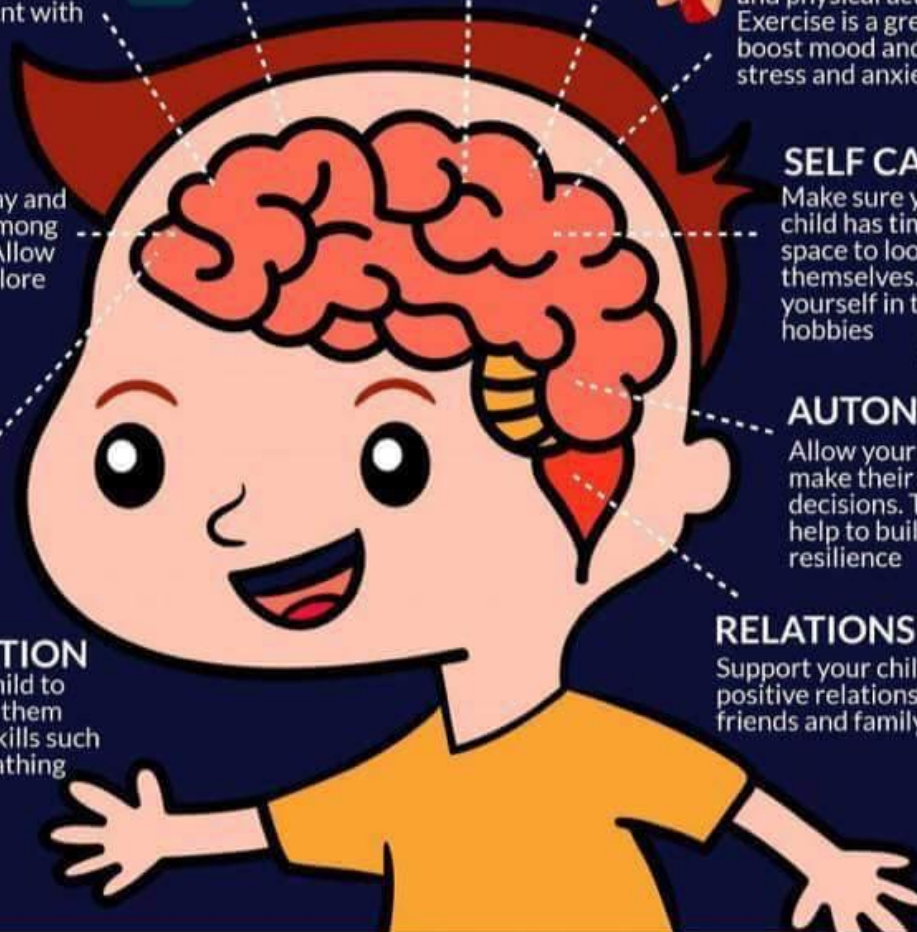
RELAXATION

Help your child to relax. Teach them relaxation skills such as deep breathing



RELATIONSHIPS

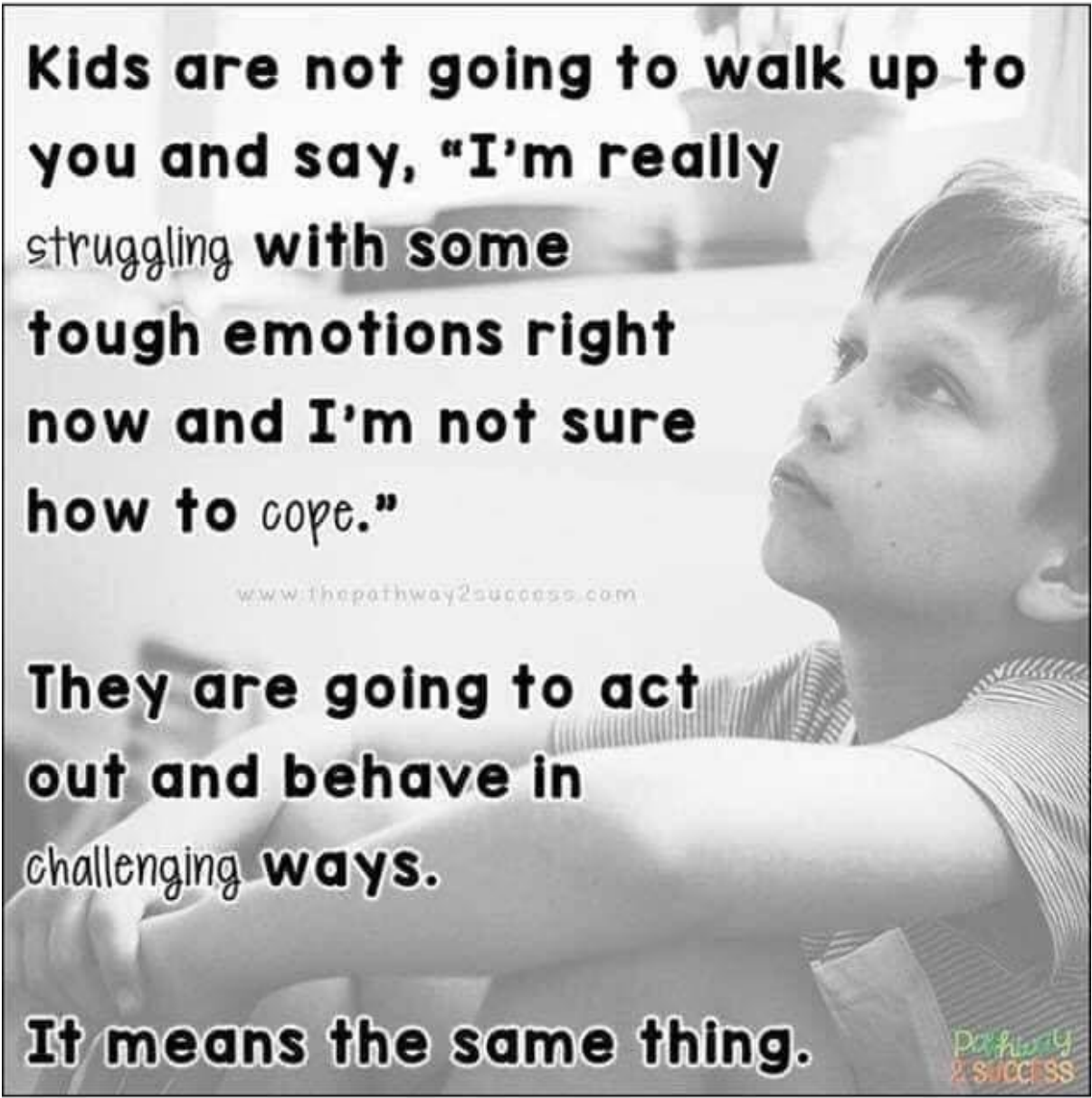
Support your child to build positive relationships with friends and family





You wouldn't let this
happen to your phone.
Don't let it happen
to you either.

SELF CARE IS A PRIORITY.
NOT A LUXURY.



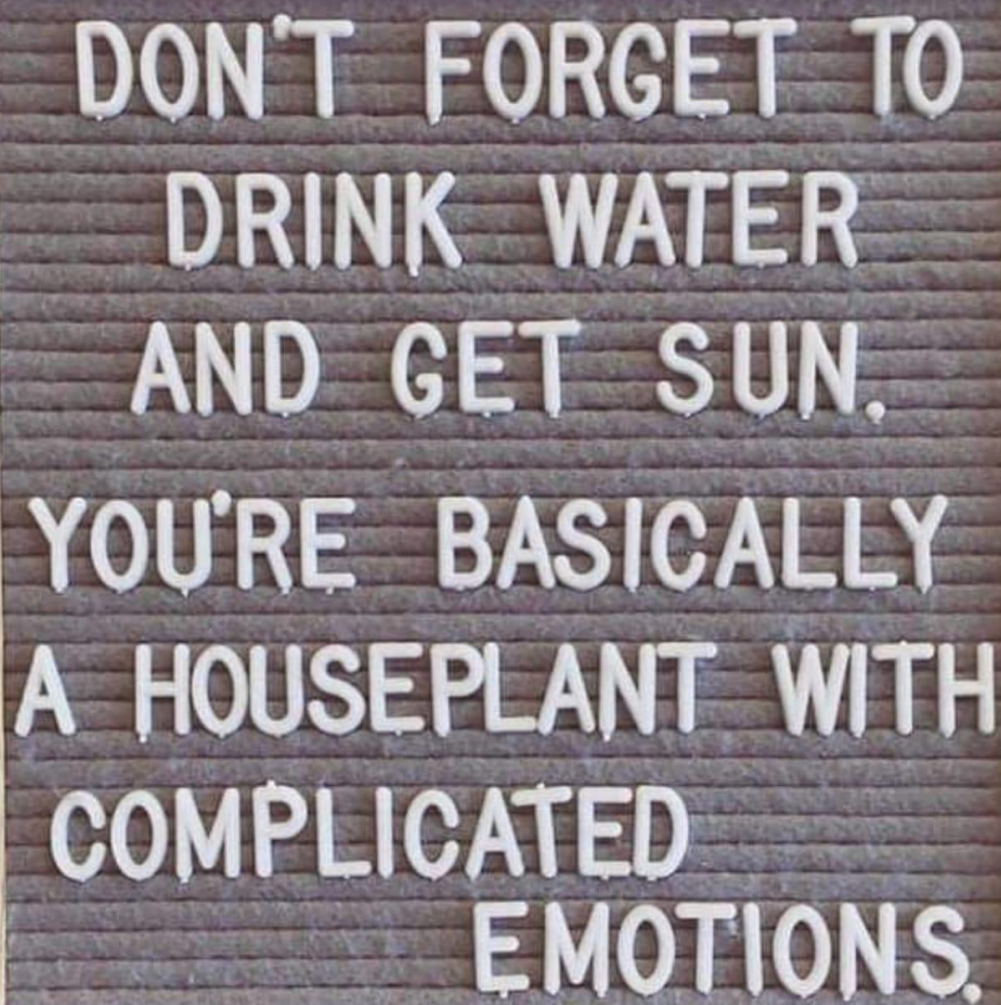
Kids are not going to walk up to you and say, "I'm really struggling with some tough emotions right now and I'm not sure how to cope."

www.thepathway2success.com

They are going to act out and behave in challenging ways.

It means the same thing.

Peace
& success



DON'T FORGET TO
DRINK WATER
AND GET SUN.
YOU'RE BASICALLY
A HOUSEPLANT WITH
COMPLICATED
EMOTIONS.