

Education Wellbeing Practitioners (EWP's)

Who are we?

We are qualified Education Wellbeing Practitioners (EWPs) who work with parents/carers of children experiencing fears and worries or common behavioural difficulties.

We are an early intervention service set up to provide support for families in collaboration with local schools. We offer face-to-face sessions in school, remote sessions and some telephone sessions.

What do we do?

We offer two programmes; one for parents who would like support with managing their child's anxiety and another for parents who would like support managing their child's everyday tricky behaviour.

Both programmes consist of 8 sessions and aim to empower parents/carers by helping them to understand their child's difficulties and by providing tools and strategies they can use with their child.

How will it help?

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

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

Who do we see?

We see parents/carers with children who are:

- 4-11 years and often feel worried or fearful of specific things, such as dogs or social situations.
- 3-11 years and are experiencing any of the following common difficulties: not listening or following instructions, difficulties at bedtime, tantrums, being rude to parents.

*We are unable to see children who are currently open to social care or are being seen by CAMHS.

What do we expect from you?

Sessions are held with you, the parents/carers, rather than your child because you are the experts on your child and spend the most time with them. Also, studies show that this approach leads to the best results for your child. However, we may ask the child to attend part of the sessions if it is helpful.

Parents/carers need to attend 4/5 face-to-face/remote sessions, which can take place at school and be available for four 30-minute phone calls held during normal working hours.

If you would like further information about our programmes, please ask your school's Mental Health Lead or contact us at Wave6MertonMHST@swlstg.nhs.uk