

# ABOUT US

The Children's Wellbeing Service has been commissioned by The Hampshire and Isle of Wight Clinical Commissioning Group (CCG). The aim of the service is to support parents and carers of children and young people living in Hampshire who are experiencing distressing or challenging behaviours.

Children's Wellbeing Service works with families to help develop children's positive behaviour and emotional wellbeing for Year R to Year 7.

Through the additional funding provided by the CCG, the Children's Wellbeing Service can be referred to through staff working with health to provide support for families.

By providing early, targeted support through a child-centred approach, Children's Wellbeing Service aims

Support families to help their children self manage and maintain good emotional wellbeing

Promote a healthy home environment and improve family dynamics

Support parents to enable children to get the most from their education

Support parents to evaluate their child's needs, behaviour and emotional wellbeing

Support families regarding crisis management and conflict resolution

Support parents to learn strategies to enable their child to self-regulate, build emotional resilience and independence



## CONTACT US

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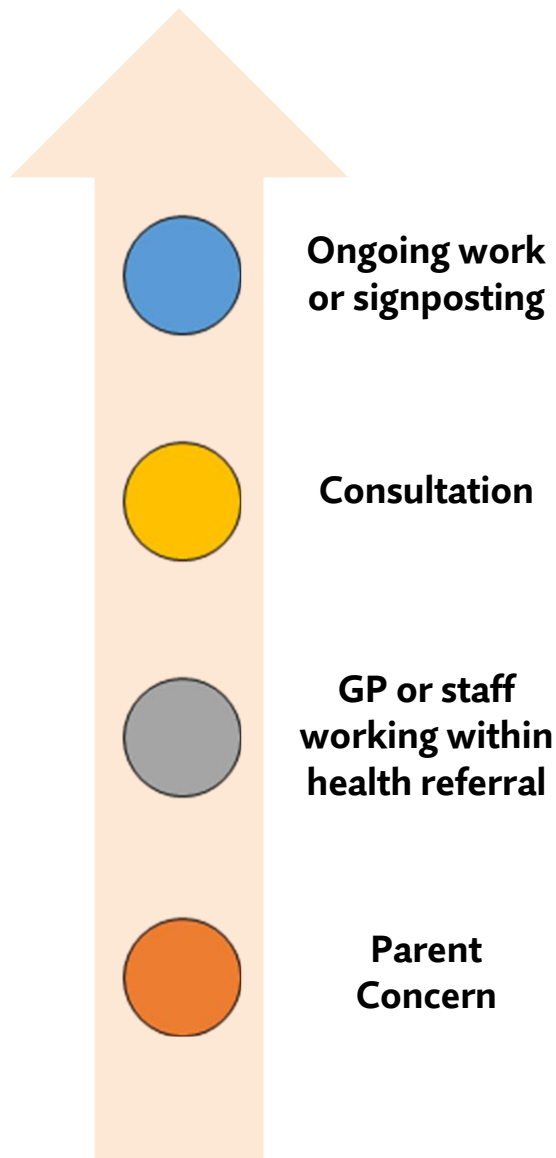
# Children's Wellbeing Service

A guide to:

## Family Support

What the Children's Wellbeing Service is and how it can help you and your child





## How it Works

To receive support from the Children's Wellbeing Service, you as a parent need to seek a referral from any staff working within health. This could be your GP, Health Visitor, School Nurse, Paediatrician, CAMHS or any other staff working within health with whom you may already be involved.

As a service we are not able to diagnose your child, but we will endeavour to provide families with a range of strategies for positive behaviour management and a deeper understanding of the reasons behind the behaviour.

## The Consultation

- This will take place with your allocated Parent Support Advisor
- This will be an open, safe conversation about different areas of your life for you and your family
- The conversation will identify what is going well and what could work better for you and your family
- At the end of the consultation, you and your allocated Parent Support Advisor will agree a pathway of support for yourselves. This may include 1:1 support, group support, access to workshops or signposting to an appropriate agency

## What Next?

Each family is very different, so each family will have a specific plan devised jointly between the service and the family. The plan will always be reviewed to achieve the best outcomes for the family. As it is so individual, there is no set timeline that you can expect.

## Types of Support

- Individual sessions, in which the parent(s) or carers meet with a Parent Support Advisor to discuss situations in a similar way to the initial consultation but in more depth
- Group sessions/workshops based on giving more information or strategies on a specific topic.
- Support for parents/carers in developing a positive home/school relationship, as well as direct work with parents/carers
- Support for families with crisis management and conflict resolution
- Support for parents/carers in securing successful strategies that enable their child to self-regulate their behaviour
- Support for families in developing their strengths, emotional resilience, and independence
- Support for families in becoming better engaged with their child's learning and enabling them to access more of the curriculum.

Your Parent Support Advisor will discuss this process with you and always make sure you are happy with the pathway of support planned for you.