

## **Parent/Guardian Support**

*Outside Agency Support available to parents/guardians*

### ***Wellbeing Team and Educational Psychologist Team Helpline***

Parents/guardians can seek advice from the Wellbeing and Educational Psychologists Consultation Line, operated every Wednesday between 12:30pm and 3:30pm term time only:

<https://www.gov.je/health/coronavirus/educationchildcare/pages/psychologywellbeingsservicecoronavirusresponse.aspx>

### ***Children and Families Hub***

Parents/guardians can seek advice from the Children and Families Hub:

<https://www.gov.je/Caring/ChildrenAndFamiliesHub/pages/childrenandfamilieshubhomepage.aspx>

### ***Triple P – Positive Parenting Programme***

Parenting Support Services work in conjunction with the Family Support Workers in Primary and Secondary schools across the island, to deliver the Triple P (Positive Parenting Programme).

Triple P aims to help parents and carers of children up to 12 years and teenagers up to 18. They also deliver a programme for parents and carers of children with special needs. Triple P programmes can also be delivered in Portuguese.

Triple P Positive Parenting helps you:

- raise happy, confident children and teenagers
- manage behaviour in a positive way
- set family rules and routines that everyone follows
- get along better with your children or teenagers
- balance work and family without stress

The current timetable of events is detailed and is frequently updated on

<https://www.gov.je/Caring/Organisations/Pages/TriplePProgramme.aspx>

If you would like to attend one of these events, please email [parentingadmin@gov.je](mailto:parentingadmin@gov.je)

### ***Jersey Online Directory***

<http://www.jod.je/kb5/jersey/directory/home.page>

### ***The Bridge Child and Family Care***

<http://www.jod.je/kb5/jersey/directory/service.page?id=PJg2SEJEjFg>

### ***MIND Jersey***

<https://www.gov.je/Caring/Organisations/Pages/MindJersey.aspx>

### ***Youth Enquiry Service (YES)***

<https://www.yes.je/about/>

YES – Wellbeing drop-in

<https://www.yes.je/wellbeing-drop-in/>

### Do you have an anxious child?

Follow the link below for some useful guidance on helping your child overcome anxieties:

<https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>

<http://blogs.psychcentral.com/stress-better/2016/03/49-phrases-to-calm-an-anxious-child/>



### Self Esteem

Is your child having problems with self esteem? Try following this link which gives some useful advice to parents:

<http://www.familylives.org.uk/advice/primary/health-and-development/helping-your-child-build-self-esteem/>



### Parental Advice for Anger Management

Help with those 'hot feelings' - some tips and information for parents about managing anger in children:

<http://www.scholastic.com/parents/resources/article/praise-discipline/anger-management-children>