

A guide to:
Family Support

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



CONTACT US

Tel:

Email:



Hampshire
County Council



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 schools and families to help develop children's positive behaviour and emotional wellbeing for age range 4 to 12 years.

Through the additional funding provided by the CCG, the Children's Wellbeing Service can be referred to through Health Professionals to provide support for families.

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

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

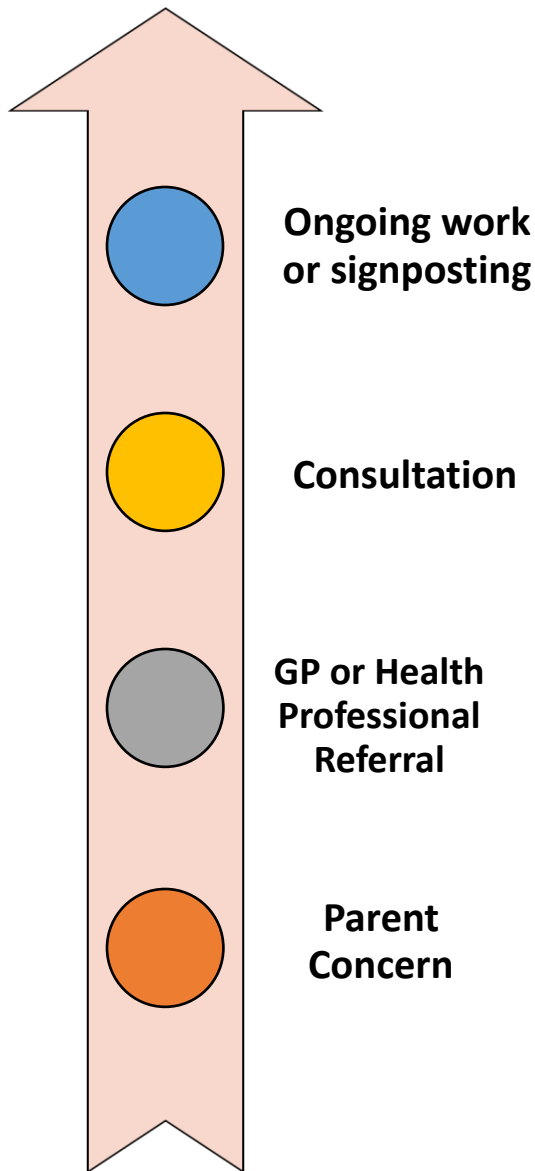
Promote a healthy home environment
and improve family dynamics

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



HOW IT WORKS

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

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
- There are certain bits of information that we need to gather
- 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, based on giving more information or strategies on a specific topic. Although these are group sessions, do not be put off! Group sizes are always relatively small, and they are very supportive

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.