

Tower Hamlets Education Wellbeing Service (THEWS)

Does your child have difficulty following rules?

Does your child struggle with fears & worries?

Does your child have frequent tantrums?

Is your child a bit shy and nervous?

If so, maybe we can help! Parents will be offered 8-10 one-to-one sessions with the school's Education Wellbeing Practitioner (EWP). These will either be:

- **Parent sessions for anxiety management** (e.g. fears/phobias, feeling panicky and worries about family or friends) for children aged 5-11
- **Parent sessions for behavioural management** (e.g. difficulties following rules and requests, temper tantrums) for children aged 4-8



Interested?

Please speak to your child's teacher/ Harriet (SENCO)

Sessions can be offered in school, over the phone and/or via video platform (Microsoft teams).