



Hi everyone Mrs Bloomfield
here
(**Parent support advisor**)
Please see some useful links
below to help and support
our families.

Support for Children

Anger
Building
Resilience

Managing
Feelings

Worries and
Anxiety.

Support for Parents and Carers

Coping with Stress
Well being

Lone Parenting

Online Learning

Services for
support

We know starting back to school can be a tricky time for some children and this can then have an impact on behaviors in and out of the home.
This term so far we have noticed a substantial increase in more parents/carers reaching out to us for help and support.

We want our parents to feel empowered and supported always so we thought we would share a few tips and links to help when things are tricky.
We will always encourage parents to give these a try before asking for further professional support.
Please take a look at all the resources available to our parents and carers and if you feel you have tried and tested everything then please do get in touch and reach out we are always here to help.

Remember to check out our
school Padlet which is full
of useful tips, guidance and
further support

Click here
for the link



For further support and help please contact :
The Healthy Child Service team by calling Just One
Number on 0300 300 0123 or texting Parentline on
07520 631 590. Our opening hours are Monday to
Friday, 9am to 5pm (excluding bank holidays).

Norwich Family Hub