

Merton

Children & Young People's Wellbeing Service

Hello, we are the Education Wellbeing Practitioners. We deliver individual programs to support parents with children who are...

....showing signs of
anxiety or **worry**
for example:

OR

....experiencing
behavioural difficulties
for example:

Worried
when
separated
from parents

Fearful of
specific
things e.g.
dogs

Not
listening to
instructions

Difficulties
at bedtime

Worries
about
COVID

Worried
about
returning
to school

Rude to
parents



**Our anxiety
programme is
aimed for ages 4-11**

**Our behavioural
programme is
aimed for ages 3-9**



How can we help you?

We work with the parent directly: We aim to give the parents strategies and tools to help them support their child, and to feel more confident in responding to their child's behaviour.

The program consists of up to 8 weekly sessions with the parent. We are offering virtual sessions currently, due to COVID-19..

If you are interested in our service over the summer please email
InfoMertonWP@swlstg.nhs.uk