

## Back to School or Childcare Setting: Supporting you to support your child.



Parentline NI is running FREE and confidential one to one sessions with Parent Support Officer Kathy.

The aim of these sessions is to support any parent/carer who is concerned about their child's separation anxieties or reluctance to return to school.

- Explore your own strengths and feelings.
- Explore ways of coping with change and building resilience.
- Explore separation anxiety and approaches which may help your child to overcome it.
- Explore school reluctance, its various causes and some positive coping strategies.
- Explore co-regulation and ideas to strengthen family communication and relationships.

**When: Every Thursday in March and April**

**For more information or to book a place  
call free 0808 8020 400**

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