

## How I can get this help to you

- You can contact me by phone or by email. If I am not immediately available to speak to you I will get back to you as soon as I can.
- I can offer home visits.
- I can meet you in a local café for an informal chat if you would find it more comfortable.
- I will offer “Drop-in” sessions at your school on a weekly basis.
- I will provide access to parenting courses.
- I will try to become a familiar face and be friendly, approachable and down-to-earth.

## Schools I will be working with

- Newlands Girls’ School
- Oldfield Primary School
- St Mary’s Catholic Primary School



## How to contact me

My name is Lisa Mack and you can contact me through your school reception or directly on:

☎ 07824 357988

Or e-mail:

✉ [lisamack@oldfieldprimary.com](mailto:lisamack@oldfieldprimary.com)

Please note that I do not normally work on Wednesdays



# PARENT SUPPORT ADVISER

*Lisa Mack*



*Help for Mums, Dads  
and Carers*

## **Understanding how hard it can be**

Being a parent can be a very rewarding and special time but it can also be stressful, hard work and worrying.

When our children display challenging and difficult behaviour we sometimes feel helpless and unsure of how to react. Feelings of failure and guilt are surprisingly common.

Sometimes talking to family or friends or even teachers can seem daunting or too emotionally draining to face. I can be there for you during those times and available as a friendly and understanding listener who can try to help.

I hope that by chatting with me and using my experience, I can assist you to make positive changes or to simply make you feel better and more able to cope.

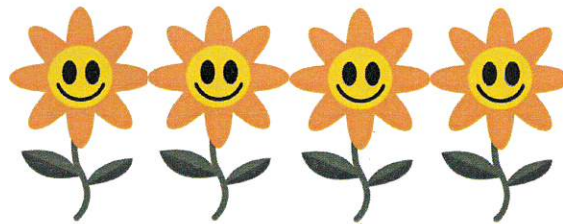
## **What are my aims?**

We all want the very best for our children.

We want them to learn and achieve and to enjoy their school days.

Most of us, as parents, will experience difficult times at some point. My role as a Parent Support Adviser is to help you through those times.

I am here to support you and help you with any worries or concerns you may be having with your child and help you deal with any problems.



## **Here are a few ways I can help**

- Provide free, confidential advice and support to all parents and carers.
- Be a listening ear for you to off-load to about any worries or concerns you may have about your child.
- By offering advice and strategies to try at home.
- Work with you to aid your child overcome problems they are facing.
- Try to help you understand your child more.
- Help you speak with the school.
- Discuss ways to improve your child's school attendance.
- Offer help when changing schools or classes.
- Assist you with filling out complicated forms.
- Help you when dealing with other professionals or agencies.