

Your PFSA will help you support your children's learning.

Your PFSA can offer support and advice on behaviour, communicating with the school and services, talking through any concerns you may have about your children.

Your PFSA can offer support to set realistic and achievable target for your family to help you move forward through any issues.

Your PFSA can offer support and advice on improving attendance and achievement to help your child to improve in their education, social skills and learning.

Your PFSA can spend time with you and your family to help and support through those tricky times we all experience. This can be within the school setting or in your home.

Your PFSA is available outside the normal school hours.



Neuroplasticity – What is it?

Neuroplasticity is good news for habits. Once we realize that all of our behaviors and thoughts leave lines on the map of our brain, we can thicken the lines we want and allow the ones we don't to fade.

Repetition and practice strengthen these pathways, forming new habits.

With repeated and direct attention towards a desired change, we all have the ability to rewire our brains,

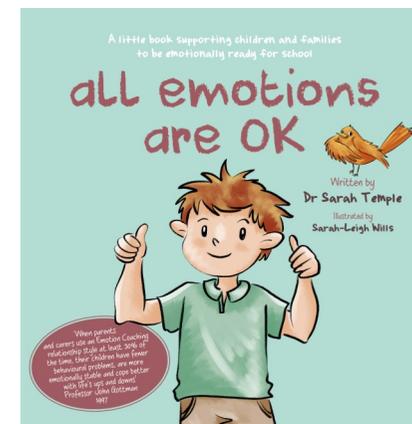
Name

Email address

School details

PFSA

PARENT & FAMILY
SUPPORT ADVISER



As schools, we have found that many parents, families and carers can find looking after and bringing up young people to be an emotional roller-coaster; after all they do not come with an instruction manual.

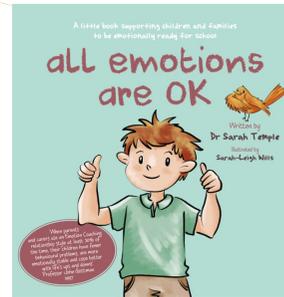
This is where our PFSA can listen, support and help.

Mindful Emotional Coaching —

How to build emotional resilience by talking about the emotions behind the behavior and understand the neuroscience of mindfulness, emotion regulation and emotional intelligence. Utilizing the John Gottman 5 Steps of Emotion Coaching—practical ideas for re-training or brains and developing our emotional resilience.



All Emotions are OK



The aim of this book is to help you as parents and caregivers to talk about emotions and feelings, so that you can support the normal development of your children and the children in your communities.

Find out more by visiting

www.mindfulemotioncoaching.co.uk



.....can also offer tailored 2-hour workshops, looking closely at the work of Dan Siegel and using the Hand-model of the Brain and what happens when we 'flip our lid'.

.... offers 1-1 sessions, utilising the John Gottman 5 Practical Steps of Emotion Coaching and the different relationship and parenting styles.

.... works closely with the teaching support teams in our schools, helping with the running of our after-school clubs and parenting groups.

