

Struggling with your child's attendance?

There might be lots of reasons for reduced school attendance and your situation will be unique to you, however if you need support and advice but are not sure where to go, there are options for you.

In this leaflet you will find a range of websites, online resources, books and agencies that might help.



For further support

If you would like to discuss any aspect of your child's attendance or need support with attendance please do contact our Family Support Worker,
Mrs Kerri Ward:

family.support@wellsteadapps.co.uk

or 01489 799351



Attendance Support



Local Support

Hampshire and Isle of Wight Educational Psychology (HIEP)

www.hants.gov.uk/educationandlearning/educationalpsychology

(visit the home page for details of a regular Telephone Support Line times when you can speak directly with an educational psychologist)

Hampshire Child and Adolescent Mental Health Service (CAMHS)

www.hampshirecamhs.nhs.uk/help/young-people/anxiety-2/ (includes a podcast on school anxiety)

Hampshire Youth Access

Counselling, mental health and emotional wellbeing advice and support for children and young people

www.hampshireyouthaccess.org.uk/

Chat Health Hampshire 0-19 Public Health Nursing Service

Chat Health 5-19 - anonymous text support service for parents/carers of children aged 5-19 years. [07507 332417](tel:07507332417)
www.hampshirehealthyfamilies.org.uk



National Support

Young Minds A charity championing the wellbeing and mental health of young people. They publish a range of information for parents. They also have a parent helpline. Calls are free Mon-Fri from 9.30am to 4pm **0808 802 5544**. Specific advice around school anxiety is available at youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-school-anxiety-and-refusal/

Parent Kind

Find out about attendance, school refusal and what happens if your child is excluded from school.

<https://www.parentkind.org.uk/for-parents/understanding-education/about-schools/behaviour-and-attendance>

Square Peg - not fine in school

<https://www.teamsquarepeg.org/not-fine-in-school>

A parent/carer-led organisation set up in response to the growing number of children and young people who struggle with school attendance.

Books



FOR YOUNGER CHILDREN

- ***The Koala that Could*** by Rachel Bright
- ***The Goodnight Caterpillar: A relaxation story*** by Lori Lite
- ***Owl Babies*** by Martin Wadell
- ***Gotcha Smile*** by Rita Philips Mitchell

OTHER BOOKS

- ***Listening to My Body*** by Gabi Garcia
- ***Don't Worry Be Happy*** by Poppy O'Neill
- ***Starving the Anxiety Gremlin*** by Kate Collins-Donnelly
- ***Hey Warrior*** by Karen Young
- ***Super Powered: Transform Anxiety into Courage, Confidence & Resilience*** by Renee Jain & Dr Shefali Tsabary