

My name is Sophie Benton and I am the Parent Support Advisor for the Fleet school's cluster. I am based at Calthorpe Park school and will be working with the majority of Fleet schools (Infant, Junior and Secondary).

I can offer non-judgmental and confidential support and advice, or simply just to chat.

My background is in education and youth work and I am also a mum of two children so I understand some of the challenges parents face.

As a P.S.A my support focuses on the needs of the family. This may include:

- Parental/family concerns
- School avoidance/attendance
- Behaviour Management
- Understanding and supporting emotional concerns.
- Supporting education
- Transition (moving) through schools
- Emotional wellbeing
- Parent confidence building
- Healthy Routines
- Separated parenting
- Child/Parent relationship Breakdown

Parent Support Advisors give support to families in many different ways including:

- One-to-one family support
- Sign-posting to local services
- Speaking on your behalf
- Referring to parenting courses
- Referring to Family and Adult Learning courses
- Opportunities to meet with other parents

Parents can be referred by their school or can self-refer to me directly.

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