

**We all know that being a mother, father or carer is not an easy job and at times things can get tough. Like you we want to do the best for your child.**

Parent Support Advisers in County Durham are here to help all mothers, fathers and carers deal with the challenges family life can bring. We appreciate the huge impact home life has on children and young people's ability to learn and develop.

Parent Support Advisers work across all primary and secondary schools within County Durham and are available all year round, including during school holidays.

Parent Support Advisers offer practical support, advice and guidance on a wide range of issues, such as challenging behaviour, school attendance, supporting your child's learning and any other issues that are important to you and your family.

**Behaviour**

**Changes in family life**

**School attendance**

**You may want to talk to your Parent Support Adviser about...**

**Routines**

**Starting a new school**

**Supporting your child's learning**

### **We can help you by providing:**

- information, advice and practical support including helping you access other services.
- one-to-one support in your own home or other suitable venue.
- information about local and national support services.
- opportunities for you to get involved in your child's learning and school.
- opportunities to learn new skills and meet with other parents.
- courses to build positive relationships with your child and share parenting experiences.

