

How Educational Psychologists Can Support Families in Children's Centres

An Information Leaflet for Parents and Professionals



Early Behaviour Support

Educational Psychologists work with parents of children under five years of age, offering support and advice on managing aspects of their children's behaviour. The discussions may be focused around:



Early Behaviour Support is evidence-based solution focused work with an emphasis on helping the parent to resolve their difficulties.

A series of visits (1-6) are offered, usually at the family home or at the Children's Centre. Within each visit, the Educational Psychologist and parent will discuss concerns and formulate a plan involving new strategies to try. Brief notes are sent to parents following each visit and pre-post intervention scaling is used to measure change and impact of the work.

"I couldn't have done it without you! He is now toilet trained which I didn't think was going to happen as I tried it before and it didn't work"

"You helped us find solutions"

"The strategies were very helpful in managing behaviour"

"Video Interaction Guidance has been brilliant! I am more confident with playing with my son and knowing how I can help him play."

Parents can self-refer and find out about workshops, courses and Video Interaction Guidance (VIG) by contacting their local Children's Centre.

If you would like to refer a family for Early Behaviour Support, Post Diagnosis Support or VIG, please complete the Children's Centre Universal Referral Form.



Post Diagnosis Support

- Post Diagnosis Support is offered to parents of children aged under 5 with a diagnosis of a condition or disorder, for example Autism.
- It is delivered by Educational Psychologists who work in Children's Centres in Tower Hamlets.
- The purpose of Post Diagnosis Support is to enable parents of children with disabilities to better understand their child's diagnosis and to talk about the impact of this on themselves and their families.
- Post Diagnosis Support gives parents a chance to explore their current feelings, but also to think realistically about the future.
- It is also an opportunity to help parents think about how the diagnosis may have differently affected other members of the family, including siblings of the child diagnosed.
- Parents may also find it helpful to talk about their child's behaviours and communication.
- Sessions normally take place in the family home. The number of sessions and frequency is negotiated between the parent and Educational Psychologist, with a maximum of 6 visits being possible. Sessions usually last around 45 minutes – an hour.
- We will send a summary letter at the end of our work together.

Video Interaction Guidance (VIG)

Video Interaction Guidance (VIG) can help to improve relationships and communication between parents/carers and their children, by taking video footage of interactions, looking for the times when things are working well and then thinking about what is making these moments so positive.

Educational Psychologists and some Children's Centre staff are trained to offer VIG at Children's Centres.

Workshops

Educational Psychologists run workshops at Children's Centres and local schools for parents of children under 5. Topics include:

- toilet training
- transition to education
- feeding
- sleep
- managing children's behaviour
- managing screen time

Educational Psychologists also run longer parenting courses, for example on 'Learning Through Play'.

Contact details