

**Tower Hamlets
Educational Psychology Service**

How can an Educational Psychologist help my child?

Information for parents and carers



What is an educational psychologist (EP)?

An educational psychologist, or EP for short, is someone who has been specially trained to understand how young people behave and learn.

When might staff talk to an EP about my child?

You or adults working with your child may have concerns about your child's learning or relationships with others.

After assessing, planning, implementing ideas and reviewing progress the school or college may feel an EP's perspective in generating further solutions would be helpful.

What does an educational psychologist do?

It isn't always necessary for an EP to see your child for things to change.

Often they might:

- Talk to you and the staff about your child and what approaches have been tried so far
- Suggest further action for helping your child

They may also:

- Look at your child's work
- See and work with your child in the classroom and/or the playground
- Work with your child out of the classroom for a while; very young children may be accompanied by an adult they know well
- Use some activities or assessments to gain a clear understanding of your child's strengths and difficulties

The EP tries to make children feel relaxed and that they are doing well, and will make sure that they succeed in many of the activities and tasks given to them.

Do I have to be there when my child is seen?

As a parent or carer you have the right to be present when the EP meets your child.

You may feel, however, that your presence will be distracting and prefer to meet the EP later.

What about parents'/carers' views?

Your views and knowledge of your child are important in helping us understand your child's strengths and difficulties. You are best placed to say what your child is like at home and out of school and college. This may be very different from school and college.

What happens next?

You will make a plan with the EP and staff.

The EP will provide a written record of their work with your child. A copy of any report on your child will be sent to you as well as their school or college.

The EP will usually plan to discuss your child's progress during a future visit to the school or college. Staff will be asked to keep you informed about this.



What if I'm unhappy or uncertain about what the EP has said or written?

The EP will be happy to discuss any concerns you may have following their visit to the school or college.

Who is the EP for my child's school or college?

Each school has a link EP. Information can be obtained from the headteacher or special educational needs co-ordinator (SENCO) of your child's school or college.

The Educational Psychology Service is committed to working in partnership with parents and carers and recognises the essential role parents and carers play in their child's life and development.

Can I speak to an EP without going through a school or college?

Yes! The EPS runs a drop in for parents / carers - and young people - every month at SENDIASS. For times of the next drop in please visit

<https://www.localoffertowerhamlets.co.uk>

You can contact the EPS by phone on **020 7364 2886**. You also can reach us by e mailing **admineps@towerhamlets.gov.uk** or by visiting [on the internet](#).

