

# PARENT SUPPORT ASSISTANT

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**M**y name is Sue Smitham I am someone that you can call when the going gets tough with your child.

No-one is a “*Perfect Parent*”

*When you have tried everything*, sometimes sharing experiences with other parents no matter how trivial, could make you and your child’s life happier with some New Strategies.

I will be offering sessions for parents in your school/area from October onwards. Some of the topics we will cover are:

- How to enjoy being a Parent
- How to talk to your child about puberty and what behaviour can be related to this
- How to support your child when moving schools
- Looking at the journey for you and your child after parent separation

Look for dates in future newsletters. If you wish to speak to me about any of the above please feel free to contact me.