



How to get help and support as a school parent

You don't need to have all the answers, all of the time.



Supporting your child's education means you need to be in a calm and supportive place so it's important to look after yourself.

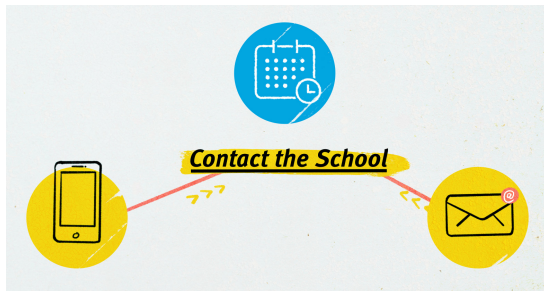
Getting in touch with the school to talk about your child and any concerns you have can help in many ways. Schools won't judge you; they want to work with you to understand your child and help them to succeed. Here are things you can do to help your child find their own success.

Reach out to friends and family

Being a parent can be tough, but having the support of your friends and family can make a huge difference. It might be someone you can talk to without the fear of being judged or someone who has had similar experiences. You might be surprised to find others have experienced similar challenges.

Talk to your child's school

Get in touch with your child's school and talk about your concerns for your child. You can contact them by phone or email. By working with your child's school, you have the greatest chance of supporting your child to stay at school and succeed. Our schools want to see every child succeed and have expert staff ready to offer the support you and your child needs.



Tips for looking after yourself

When you are taking care of someone else, you need to look after yourself so you can be there for them.

- **Stay active:** go for a walk daily, dance to your favourite music, or join a local sporting club.
- **Sleep:** set yourself a bedtime and routine. Rest is important for both physical and mental wellbeing.
- **Eat well:** write a shopping list and prepare healthy snacks to have on-hand.
- **Connect:** set aside time to connect with your loved ones.
- **Be kind to yourself:** your positive attitude towards school and learning will help your child be positive and remember to celebrate the little wins.
- **Seek support:** there are support services ready to help you.

Seek help if you need it

You are not alone. There is a range of resources available to help you and people you can contact for support. Looking after yourself will help you provide your child with the best chance to stay on track with school and in life.



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