



Is your son/daughter worrying about school? Are they struggling to attend school?



“Strengthening Families, Supporting School Success”

“I’ve noticed since the course I have learned to be calmer so my child seems calmer. I felt the course benefited me more as a parent as I have felt so alone with my child’s anxiety”

Support and Information is available to parents and carers.

Many children and young people worry about school. This is normal. Anxieties are part of life and learning to deal with them is part of growing up. However sometimes a child’s worries may lead to difficulties attending school. If your child has high levels of anxiety and does not want to attend school they may be experiencing Emotionally Based School Avoidance (EBSA).



Pembrokeshire Family Support Team in partnership with the Education Welfare Service and Education Psychology Service have developed a 5 week programme of support for parents and carers that aims to help parents understand more about ways they can support their child who is struggling to attend school and showing high levels of worry or anxiety.

“I love coming to the courses. It improves my mental health and it’s been helpful to meet school staff”

Over the 5 weeks parents will have the opportunity to gain an understanding of the anxiety and avoidant cycle, and learn about effective ways to help support a child with school

based worries. Parents and carers will also gain further insight to teenage development; understand the importance of self-care and boundaries, and share helpful strategies that aid effective communication.



We will explore together ways in which parents can help at home; strategies that can help in school, and what further support services and resources are available locally to families.

“I’ve got better communication with my children”

You have been invited to attend this support programme.

When: Wednesday 29th January 2025 9.15am to 11.30am
(Weekly thereafter every Wednesday until Wednesday 5th March)

Where: CLC Building, Henry Tudor School, Pembroke

Contact: Emily Baker, Pastoral Support Manager Emily.Baker@yht.wales 01646 682461

Or Lisa Morgan-Thomas EBSA Advisor, Lisa.Morgan-Thomas@pembrokeshire.gov.uk
07920 213648

Susie Lees, Education Welfare Officer Susan.Lees@pembrokeshire.gov.uk 07884 111716

Please register your interest to participate in this programme by contacting either Susie Lees or Emily Baker. Look forward to meeting you!