

How to contact me.

I work at Whitley Park Primary and Nursery School on Monday-Friday's during the School term.

You can either drop in on those days or contact me through e-mail or telephone to make an appointment.

I am based in the After School Club building.

E-mail—kcooke@whitleypark.reading.sch.uk

Telephone Contact - 0118 937 5566



*“Walk a little slower daddy”,
said a little child so small,
“I’m following in your footsteps
and I don't want to fall”.*

Schools

Telephone 0118 937 5566
E-mail address
kcooke@whitleypark.reading.sch.uk



Whitley Park
Primary and Nursery
School

Family Support Worker



**“Supporting
families in
supporting
children”**

What is a Family Support Worker?

A family support worker helps to make a positive difference to children and their families' lives and helps them to have a better future.

A family support worker will offer you emotional, practical help and advice to you and your family whether you are experiencing long or short term problems.

Where do I come from?

As well as having over 20 years experience working with children and families, much of my work is based upon research evidence supported by Models within Psychology. I am a parent myself and recognise that this is probably the hardest and most important job you will ever do!

What can I offer you?

- An informal discussion, regarding **any** concerns that you may have.
- A solution based program, tailor made to you and your family working towards resolutions.
- Help with setting workable routines, boundaries, limit settings and rules for your children, through the use of positive encouragement, coaching and incentives.
- Family relationship help, from mediation sessions, to recognizing conflict in relationships and how to manage them.
- Co-Parenting Agreements. One of the most important things you can do in supporting your child through separation and divorce is by agreeing a new parenting plan. I can help you do this.

Who else can help?

I work closely with other agencies such as:-

The Sure Start Children's Centres
 Health Visitors and GPs
 Citizens Advice Bureau
 Jobcentres
 Counselling & Mediation support
 and many more.....

Tear and Share

Briefly state how I can help and return to me directly or via the school.

- General Support
- Parenting
- External support from other Agencies / Professionals

Comments:

Name

How can I contact you

Schools



E-mail:

kcooke@whitleypark.reading.sch.uk