

Useful websites

<http://www.rewardcharts4kids.com/behaviour-charts/>

<http://www.kidsdevelopment.co.uk/>

<http://kidshealth.org/parent/>

<http://www.empoweringparents.com/>

<http://www.worrywisekids.org/>

<https://youngminds.org.uk/what-we-do/>

<https://gingerbread.org.uk>
(for single parents)

<http://www.nhs.uk/Livewell/healthy-eating/Pages/Healthyeating.aspx>

As a parent/carer, how can you help?

By informing the class teacher if there are any issues that may be affecting your family.

Please feel free to contact your child's Teacher or Home School Link Worker if you have any questions.

**The Home School Link Worker in your school is
Ms Jo Foster**

Padnell Infant School

Padnell Avenue
Cowplain
Waterlooville
Hampshire
PO8 8DS

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**Padnell Infant
School**

HSLW **Home School Link Worker**



Who is your new HSLW?

A big Hello from your Home School Link Worker **Jo Foster**.

A bit about me...

I have an extensive background working with children and families within Hampshire and surrounding areas.

I have experience supporting families at home as well as out in the community and within Childcare settings, including schools.

I have worked alongside many outside agencies and have a good knowledge of local resources and support available to families.

My knowledge extends from pregnancy and newborns through to teens and young adults.

What can your HSLW help with?

Your HSLW is able to work with both parents and children.

They are able to come and visit families at home as well as within school.

They can help with setting-up and maintaining good routines including, mornings and bedtimes.

They can signpost to local services and support families through this process.

They can offer advice on supporting your child through change.

They can suggest practical tips for managing behaviour and reinforcing Positive steps at home.



Areas the HSLW may work on:

Parental support and advice

Creating and maintaining Routines

Managing behavior

Healthy eating and mealtimes

Physical Health and Emotional Well-being

Bedtime and sleeping patterns

