

Signposting/Recommendations Following Initial Parental Concerns

Concern	Services Accessible Within Community/Additional Resources
Emotional Difficulties (Including self-esteem, worry/anxiety, anger management, stress, exam/SATs stress etc.)	• Starving the Anxiety Gremlin (CBT workbook, available on Amazon) • Starving the Anger Gremlin (CBT workbook, available on Amazon) • Starving the Stress Gremlin (CBT workbook, available on Amazon) • Banish Your Self-Esteem Thief (CBT workbook, available on Amazon) • Help Your Dragon Deal With Anxiety (story book to support children to deal with worry/anxiety, available on Amazon)
Family Support (Including behaviour at home, parenting support etc.)	• Parenting Courses & Advice (www.surreycc.gov.uk) • Family Lives (www.familylives.org.uk) • Family Action (www.family-action.org.uk) • Barnardo's Parenting Support (www.barnardos.org.uk)
ASD	• Side By Side Coaching: Specialist online coaching and face to face training for people or families with Autism or Pathological Demand Avoidance (PDA) (www.sidebysidecoaching.co.uk) • SEND Teaching School: Offer practical support to parents of children with Autism, including two parenting courses for different age groups. (www.sendteachingschool.co.uk)
ADHD	• Barnardo's Positive Parenting Course (www.barnardos.org.uk) • 123 Magic Parenting Course (www.addiss.co.uk)
Bereavement	• Cruse Bereavement (https://www.cruse.org.uk/) • Jigsaw (South East) Support Group (info@jigsawsoutheast.org.uk) • Child Bereavement UK • Winston's Wish www.winstonswish.org.uk • How Children & Young People Grieve (PDF) • Jigsaw Grief Leaflet (PDF) • Understanding Childhood Bereavement (PDF) • What Helps Grieving Children & Young People (PDF) • Story Books (see 'Top 10 best books for children about death and bereavement at www.thebookpeople.co.uk)
Others	• Surrey Family Information Service (FIS) www.surreycc.gov.uk/fis • Plenty more services and resources can also be found on the Surrey Local Offer Website https://www.surreylocaloffer.org.uk/kb5/surrey/localoffer/home.page • School Nurse • Local GP Surgery • Local Children's Centre