



DROP IN SESSIONS

You can ring, text or email me anytime and I'll get back to you within 24 hours or leave a message with your school secretary and I will contact you.

I am available in term time at:-
Mount Pleasant Lane JMI
Mount Pleasant Lane,
Bricket Wood, AL2 3XA
Wednesdays from 2pm - 6pm.

Bowmansgreen Primary School
Telford Rd, London Colney, AL2 1PH
Fridays from 9am - 10 am.

Drop in and see me or call me on
Office: 01923 484322
Mob: 07595 347323
or
email

hblake@mountpleasant.herts.sch.uk



Nothing affects the way we raise our kids more than how we were brought up ourselves - recognizing how your childhood affects your parenting can be a big help when approaching issues with your own kids.

Did you know that in primary aged children parental involvement is more important to a child's achievement and adjustment than the quality of the school they attend?

Research shows that children who feel they can talk to their parents about drugs will put off or avoid taking them more than those who do not.



WEBSITE:

www.hertsextendedschools.org.uk/stalbanssouth



Parent & Family Support Worker

A Free Service



A Guide for Parents & Carers

WEBSITE:

www.hertsextendedschools.org.uk/stalbanssouth

Being a parent can be a rewarding and happy experience. There are also times of difficulty and worry.

There is no right way to parent. Each one of us has a different family background and unique circumstances which affect our parenting. Each child is also very different; what will "work" for one child may not "work" for another.

However, a problem shared is a problem halved - and having someone to talk to can prove invaluable.



My name is Hilary Blake. I am your Parent and Family Support Worker covering the schools in the More 4 U @ St. Albans South Extended Schools Consortium.

I am here to support you and your child with issues at home or at school.

Your concerns may be varied, for example,

- changing schools
- communicating with your child
- general routines (bedtime, eating)
- managing challenging behaviour
- bullying
- temperamental teenagers
- internet safety
- smoking, drugs & alcohol
- finding time for yourself

"The one thing that children wear out faster than shoes is parents."

Contact me for an informal chat or:

- to work one-to-one with you to provide information and support
- to put you in touch with local support groups
- to help you find a place on a local parenting class.
- to help you with form filling and on-line applications
- to help you with your application for a school place
- to discuss any other concerns you may have



"Before I got married I had six theories about bringing up children; now I have six children, and no theories."