

Family Support at Blairmore

Hi,

My name is Jacqui Jack and my role is to help support you and your family to enjoy your time at Blairmore but to also ensure that we can offer you individual support that will help you deal with the daily struggles that many parents face.



Our lives have all be changed in so many ways due to the Covid virus. Many of the ways in which we all work and interact have had to change. We would normally work very closely with parents and provide a range of support for families to access within Blairmore. Unfortunately we are going to have to change how we support you and your family during these difficult times.

How we can help

Many parents talk about how hard parenting is. Many of these are very common and I can offer support with:

- Behaviour
- Poor sleeping
- Fussy eating
- Children with additional support needs
- Parents feeling low or isolated
- Information and advice on child development and how you can help support your child at home

Blether and a Walk

If you would like any support or to have a chat with me about any worries or concerns please just give me a call or email me and I will get back to you. We are no longer allowed to do home visits however I can arrange a convenient time for you and arrange a social distancing chat outdoors. Sometimes just a wee blether and a walk with someone can often help.

We have all experienced anxiety and worries over the last few months and as the children return to nursery and school and get used to new practices you may find it reassuring to know that we are still here to offer support and continue to build positive relationships with all of our families.

We are very lucky in Inverclyde to have many services and agencies which can offer free advice and support.

As the Family Support Worker a big part of my role is often to suggest available support to families. Inverclyde has many services which can help with the following issues:

- Poverty
- Stress and Anxiety
- Employment and Training
- Poor housing
- Caring for a child with additional support needs
- Please let us know about any concerns or worries you have as there is often local support available to help



Jacqui Jack
Family Support Worker

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