

PARENT SPACE

How does one-to-one support work?

SCAN HERE



Reach Out

You can refer yourself online, or a professional (like your health visitor or school nurse) can do it for you.

Tell us what kind of support you're looking for with eg routines, additional needs, or managing big emotions.



Initial Chat

One of our team will contact you for a short assessment.

This is just a friendly chat to understand the needs of you and your family.

This helps us match you with the right support such as 1:1 sessions or a free parenting course

1:1 Support

You'll be paired with a friendly facilitator for up to six weekly or bi-weekly sessions.

These can be phone or video calls, coffee meet-ups (we'll pay), or even a walk in the park.

You decide what to talk about. We're here to help.



6 Week Review

After six weeks, we'll check in to see how things are going.

We'll celebrate progress, review what's working, and suggest next steps.

This could be more support, another service, or one of our free courses.



You're Not Alone

We're not therapists. We're parents too!

Our goal is to give you the tools to feel confident in your parenting.

Get in touch to see how we can help.

