

# Parent & Family Support Advisor (PFSA)

## Here to help your family thrive

A friendly, confidential service supporting children, parents & carers at

**Chilthorne Domer Church School**

 **Your PFSA:**

**Becci Handyside**






 **Working days:**

- **Wednesday 9-12**

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## ? What is a PFSA?

A **Parent & Family Support Advisor** is a dedicated school-based professional who works with parents, carers, and children to provide:






-  Early help
-  Practical advice
-  Emotional support

We're here to reduce stress, make life easier, and help your child achieve their best.






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## How We Can Help

### Support for Children

-  Worries about school
-  Friendship issues
-  Confidence & self-esteem
-  Managing feelings & behaviour
-  Support with attendance

### Support for Parents & Carers

-  Parenting advice
-  Routines, boundaries & behaviour strategies
-  Support during difficult family times
-  Help communicating with school
-  Guidance to local services & specialist support

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## What to Expect

- 😊 Friendly, confidential, non-judgemental support
- 👂 Someone who listens and understands
- 🔧 Practical strategies for home
- 📍 Regular check-ins (school, home or local)
- 🛡️ A safe space for your child to talk

## Common Reasons to Contact Your PFSA

- 😞 Your child is worried or struggling at school
- ⚡ Challenging behaviour
- 🔄 Family changes
- 💡 Feeling overwhelmed
- ❓ Unsure where to go for help

**No concern is too small — if it matters to you, it matters to us.**

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## Local Services

### Local Services We Can Connect You With

- 👤 Parenting courses
  - 🧠 Mental health support
  - 📖 Financial or housing advice
  - 🏠 Early Help team
  - 👥 Youth support groups
  - 🎨 Community activities
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## How to Get in Touch

✉️ **Email:** [bhandyside@cdcs.uk](mailto:bhandyside@cdcs.uk)

🏫 **School Office:** 01935 840407 - Ask for the PFSA

📅 **Appointments:** School or home visits

Mobile number 07999858458

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You're not alone — we're here to support your whole family.

