

Family life has become a little more complicated now that we have to respond to Covid-19. I am contacting you to let you know **Barnardo’s N.I. is here to support** parents throughout this challenging time.

Strabane Family Centre and Strabane Family Support Hub can offer support via telephone to parents on a wide range of issues that they may be facing. If you or someone you know needs extra support we are here to help.

Barnardo’s project workers are **trained professionals and are working remotely from home to offer s**upport around issues such as:

**STRABANE FAMILY CENTRE:**

* **Helping Children with Anxiety:**
	+ **How to talk** to your children about the corona virus
	+ Managing your child’s worries
	+ Strategies for children to help them deal with anxiety, worry and stress
* **Managing children’s behaviours:**
	+ Setting a good **routine**
	+ Managing **aggression** and family discord
	+ Establishing Routine
	+ Positive Discipline
	+ Play and special time with children to foster natural learning opportunities in the home
* **Building and strengthening the parent child relationship**:
	+ Guidance using Five to Thrive Approach
	+ Fun activities to promote positive interactions
* **Support for families whose children have ASD or are awaiting assessment**
* **Healthy eating**
* **Other support needs as identified by families**
* **STRABANE FAMILY SUPPORT HUB:**

Strabane Family Support Hub is still operating and accepting referrals for families and children who need support and signposting to relevant services (Tier 2 and below)

Contact with families will be made via telephone to carry out assessments and support offered as appropriate.

**Referrals for Strabane Family Centre or Strabane Family Support Hub can be made using the relevant referral form and sent to:**

**shauna.devine@barnardos.org.uk**

**You can also contact Shauna Devine on 07809100511**

**AREA COVERED:**

WHSCT Areas