

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/young people'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**
- **Assessment work – parenting, capacity to change, motivational etc.**

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.

