

What is an
ELSA?

An ELSA is a specialist teaching assistant with a wealth of experience of working with children. ELSA's are trained and regularly supervised by Educational Psychologists in your Local Education Authority. An ELSA is a warm and caring person who wants your child to feel happy in school and to reach their potential educationally. Their aim is to remove the barriers to learning and to have happy children in school and at home.

Please talk to the Class Teacher if you have any problems with your child.



What is a Family
Support Worker?

A Family support Worker is a person who has worked extensively with Children and families. She can provide a wide range of help in a confidential and non-judgemental way, for parents, children and carers. Their aim is to provide support guidance and signposting to other services, which will enable you to feel confident in your parenting skills. They are able to offer advice on many issues that you as a parent or family maybe facing. (See our list on back page)



Working
together

Whilst ELSA will be working_closely with your child, the Family support Worker will work closely with you as a parent. Offering guidance, support and a chance to learn different strategies that will enable you to enjoy being a parent. Setting boundaries and having goals may seem like a challenge but working together with the school may enhance your skills to enable you to feel positive and for your child to understand the emotions he or she may be finding it difficult to understand.



Individual session

The ELSA sessions consist of several parts.

- Emotional check in - This is an opportunity to talk about feelings
- Main activity - The ELSA will plan an activity to meet a learning objective. Something your child will be able to do at the end of the session that they cannot do now. This is usually an "I can" statement such as " I can tell you about my strengths" (self-esteem objective)
- Relaxation - Your child will be taught a relaxation exercise to help them get ready to go back into class.

Typical problems

- Loss and bereavement
- Self esteem
- Social skills
- Emotions
- Relationship issues for the child
- Anger management
- Behaviour difficulties
- Anxiety
- Conflict
- Bullying
- Friendship issues
- Divorce/separation
- Domestic violence
- Drug/alcohol mis-use



Emotional Literacy Support Assistant

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