Parent Support Team
EAST SUSSEX

Let us help your parents

The Parent Support Team can come to your school and run workshops with your parents for FREE.

Becoming a Positive Parent (2-10 yrs)

Triggers Tantrums & Teaching Moments (2-12yrs)

Managing Anxiety and Avoidance in Children (2-12 yrs)

Online Safety in a Digital World

Learning about Neurodivergent Children (2-19yrs)

School Transitions- Moving to Secondary School

School Transitions - Emotional readiness for starting school

To find out more contact The Parent Support Team on parentsupport@eastsussex.gov.uk