

Dear Parents and Carers,

I am Marijana Filipovic-Carter from Move-More, your school's Family engagement and support lead. Together with school-based professionals, I am offering family support services within your school. I have been supporting parents for nearly 10 years now and developed the F-C approach to incorporate interpersonal neurobiology research, positive discipline and other respectful methods, which I apply in my work with schools and families.



Here is how I can help you.

My job is to help families with issues that might not necessarily be seen as educational but can have a significant impact on children and their learning. The aim is to support you so that you can help your children achieve their potential and enjoy school.

Specifically, I am available to chat over any issues or concerns regarding your child's behaviour, social and emotional development, general and mental wellbeing. These may include:

- your children's reactions to significant life changes such as starting school, moving home or school, arrival of a sibling, parental separation and similar;
- managing your child's worries, anxiety, anger, tantrums and meltdowns, low self-esteem, relationship difficulties, issues with siblings, jealousy, withdrawal, morning and evening routines...
- as well as advising you on fussy eating, better sleeping habits, and using physical activity to improve general well-being.

As a parent of two, I've had my fair share of ups and downs of parenting, so I do understand how important it is to occasionally be able just to chat things through with somebody. This is why, whatever the issue, no matter how "big" or "small" it seems – I am ready to listen and talk in a friendly and supportive manner. If I don't have an answer, I can hopefully help you to work out how to find it elsewhere.

Apart from providing this 1-1 support, I will be running several topic specific sessions in your school. You also have access to Move-More webinars, newsletters and family programmes. More information about this will follow.

If you have any questions, would like to book a chat or even to just see if this support is the right for you, you can contact me directly on marijana@move-more.org

I am looking forward to hearing from you!

Marijana

Because great parents are encouraged and supported, not born!

