

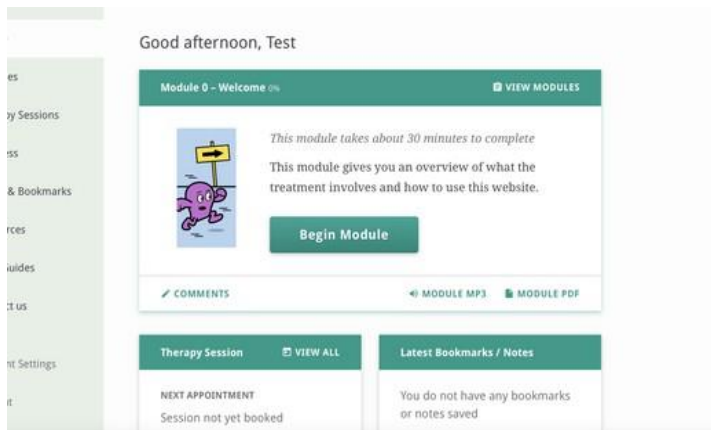
WHAT IS WOWSI?

WOWSI is an online programme that can help you to support your child with fears, worries or anxiety. It uses a method called parent-led cognitive behaviour therapy (CBT), where you, as the parent, help your child face their fears and build their confidence, with support from a member of staff from your child's school.

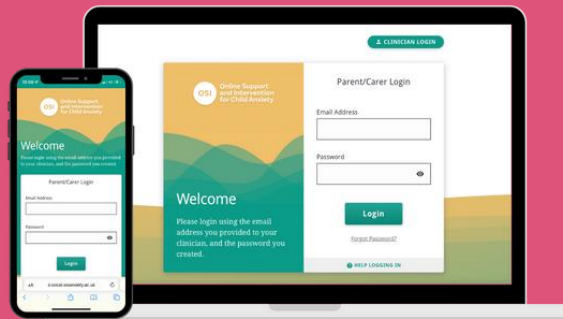
How Does It Work?

Here's what you can expect:

- ◆ **8 weekly online modules** for you and your child to do together



- ◆ **Weekly check-ins** with a WOWSI helper from your child's school. These check ins last 20 minutes and can be done by phone or in person.
- ◆ **Access to resources:** You will get a login to use all the materials during and after the programme.



Why parent-led?

You know your child best. With the right tools, you can help them feel less worried, be more confident, and manage their anxiety every day.

Is this right for my child?

If your child feels anxious, worried, or scared a lot, WOWSI might be a good fit to help them feel better.

How Can I Learn More?

To learn more about WOWSI and how to use the program, follow the QR code below.



How can I refer my child?

If you think WOWSI could help your child, here's how to start:

1. Talk to your school's WOWSI helper (see below) to see if your child would be suitable for this support.
2. Fill out the paperwork and receive your log-in.
3. Get started!

If you have any further questions please do email wowski@westsussex.gov.uk

School Information

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