

HOW WILL AN ELSA SUPPORT MY CHILD?

If your child is recognised as needing support from an ELSA, the ELSA in your child's school will arrange to see your child for sessions. These may be individual or small group sessions.

These sessions involve games and activities that are carefully planned by the ELSA to ensure that they are tailored specifically to your child's needs and targets.

Please contact your child's school for more specific information regarding how an ELSA will work with your child.

If you would like more information about ELSA please visit:

www.elsanetwork.org

Medway
COUNCIL

EMOTIONAL LITERACY SUPPORT ASSISTANTS (ELSAS)

Parent/carer guide

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WHAT IS AN ELSA?

An ELSA is an Emotional Literacy Support Assistant. They work with young people, supporting their emotional wellbeing and helping them cope with life's challenges.

ELSAs take a positive problem-solving approach at an early intervention stage. They work towards prearranged targets with children and young people to help develop emotionally literate and happy students. They are trained and regularly supervised by Educational Psychologists.



WHAT IS EMOTIONAL LITERACY?

- ★ The ability to recognise and communicate the emotions we experience
- ★ Tuning into others' feelings
- ★ Managing emotions rather than being ruled by them
- ★ Having resilience in the face of adversity
- ★ Treating others with sensitivity and respect

**Emotionally healthy children
are better learners!**

WHAT CAN AN ELSA HELP WITH?

An ELSA can support your child if they are struggling with various aspects of life such as:

EMOTIONAL AWARENESS
SOCIAL SKILLS
FRIENDSHIPS
RESILIENCE
SELF-ESTEEM
EMOTIONAL REGULATION
LOSS & BEREAVEMENT
SELFHOOD
MOTIVATION
RELATIONSHIPS
IDENTITY
BELONGING

