

# Welcome to the Essex Educational Psychology Service

Educational Psychologists (EPs) work with children and young people to support their learning, emotional and social development.

We work in partnership with families, schools and other professionals to achieve positive outcomes.

Psychology is the study of thinking, learning and behaviour. EPs use this to understand what might be happening in a situation and help to move things forward for a child or young person.

Sometimes a school might ask an EP to be involved to discuss support strategies to help a child or young person.



## Before EP involvement

- School staff will have been working with you around your child's One Planning.
- A member of staff will talk with you about how an EP might be able to help your child and the sorts of things you might want to talk about.
- You will be asked to give your signed consent before an EP is involved.
- The school will arrange the EP's visit after talking with you and the EP.

## During EP involvement

- The EP will explain their role.
- You will be able to talk about your child at home as well as school, what they are good at, and what they find more difficult.
- EPs work through One Planning where ways forward will be agreed with you and your child.
- The EP may meet your child and see them in the classroom or the playground.
- By the end of the EP visit, some actions will be agreed to help your child, so that everyone is clear who is doing what, and by when.



## After EP involvement

- School staff will put the agreed actions and recommendations in place. You will be kept updated by the school, so that you know what is being done.
- Any written information from the EP will be sent to school within 3 weeks, and school staff will give you a copy.
- The EP will not usually have ongoing involvement with your child, but if you have any questions about the agreed actions and recommendations, you can speak to your child's teacher, SENCO or Headteacher.
- One Planning means that school staff will regularly review your child's progress with you and any other professionals involved, to make sure they are achieving the agreed outcomes.

### What parents have said about Essex Educational Psychology Service

The EP was easy to talk to – she listened to my concerns and we came up with some good ideas to help my daughter

I was impressed by the EP's care and commitment to my son's needs

If you have any questions about the EP's visit, the person to contact at school is

Name:.....

Role:.....

For further information, see Essex Local Offer at [www.essexlocaloffer.org.uk](http://www.essexlocaloffer.org.uk)



# Essex Educational Psychology Service

'Improving lives: using psychology to create positive change'

## A guide for parents and carers

