

Relieving Mum's Stress on *that* First Day at School

One of the hardest decisions that a parent has to make is choosing which school to send their child. Everybody you know will have a different view and the information that each school provides will often conflict with these opinions.

At four years old our children seem much too small to go out into the big wide-world alone. We rather feel like we are throwing them to the lions. How often is it the parent fighting back the tears on that first day? How often does the child just skip ahead, filled with excitement and anticipation of what lies ahead?

Rachel Saint of Busymummy understands this situation only too well. She has one son who started school last year and another starting next. She has lived with the fear that she has made the wrong decision for her little darling and also cheered at how happy he is to go to school every day.

Rachel works with parents to relieve the stress of everyday life. She offers help to multi-tasking parents who find it difficult to balance the many roles that they fulfil.

Rachel has designed a programme to help parents overcome the stress that they feel when their children start school. The programme specifically addresses:

- Having faith that you have chosen the right school
- Identifying what your child needs to manage those first few days
- Techniques to combat anxiety and stress
- How to meet new parents and *fit in*.
- How to manage your time now that your child is at school.
- Regaining your balance

Rachel offers a safe and confidential space for you to really come to terms with this difficult period.

Rachel will give you an effective toolkit that you can use in a number of situations.

Parents will leave each session feeling confident and stress-free.

The full programme will run over 6 sessions and will cost only £125.

Rachel is always happy to discuss this or other aspects of her approach, absolutely free of any cost or obligation. She can be contacted during normal office hours on:

Tel: 01843 841582