**PARENT AND CHILD CARER ACCESS GUIDE - EMOTIONAL WELLBEING IAPT SERVICE**

The Emotional Wellbeing Service (EWS) aims to make accessing our talking therapy treatments as easy as possible. We know that being a parent or child carer, especially when breastfeeding or caring for very young children, can make attending and engaging in treatment challenging. Humber Teaching NHS Foundation Trust is a child friendly organisation.

Due to the nature of the problems the service treats and the psychological therapies we offer, there are understandable considerations that the EWS and the parents/carers accessing our service need to consider.

When engaging in psychological treatment the therapy sessions offer the person an often rare and much needed opportunity to take time for themselves and to focus solely on their issues of concern whilst engaging in a positive therapeutic relationship with the therapist. The distraction of children attending can detract from this and make treatment less effective and less rewarding.

There are also certain clinical questions, problems and treatments which it would not be deemed safe or effective practice to have children present, such as questions about risk or post-traumatic stress disorder treatment for example.

The age of the child attending can have a bearing on not only the effectiveness of treatment but also on the potential for adverse effect on the child itself. The older the child the greater they become sensitive and understanding of emotional expression, body language and verbal content. From 2 years and upwards children are developmentally increasingly perceptive to emotions and understand verbal and nonverbal language. Due to the nature of the issues discussed in sessions, the welfare of the child needs to be considered as well as ensuring effective treatment is offered in a conducive way with minimal disruption to the person needing help.

The EWS is supportive of infant parent/carer needs such as the feeding and care requirements of babies, therefore we understand the baby may be present in the session if alternative childcare is not possible.

Equally children under two years may need to attend sessions occasionally when childcare is unavailable, discussing this with your therapist is advised so treatment can be adapted if necessary and any difficulties with childcare can be addressed and supported or session times can be arranged around childcare needs when possible.

For the reasons mentioned it is not advised that children aged 2 years and over are present in assessment or treatment sessions. If this causes any difficulties accessing treatment, please discuss this with your therapist, we understand there may be difficulties on occasions with childcare plans. It may be the therapist can rearrange to a more convenient time when possible or offer the session by another means such as telephone.

The EWS offers a range of treatments and different methods of delivery which can make accessing treatment easier dependant on the person’s needs, such as digital guided self-help, telephone, webcam and face to face. Please discuss any childcare issues which may impact on accessing treatment at the triage, assessment or treatment appointment and the EWS will strive to support and identify solutions with you where possible.