



Understanding your Child's Behaviour Parent/Carer Course



Parent/Carer,

The Emotional Wellbeing Team are offering a parent course via Microsoft Teams on 'Understanding your Child's Behaviour'.

The aim of the course is to provide parents with strategies and guidance they can use at home to support their child's behaviour. The sessions are also an opportunity to reflect with one another and the facilitators on how best to apply the evidence-based strategies highlighted in the course to help with your child's behaviour.

We believe that parents are the experts when it comes to their child. You have a better understanding of how your own child might respond and what will encourage and motivate them to try different things. Parents are in the best position to support their child in between sessions and well beyond the treatment.

The programme is designed:

- To promote positive relationships, attachment and pro-social behaviour through sensitive responding
- To provide appropriate routines, boundaries and limit setting

One of the key aims is to improve your confidence in your ability to support your child's behaviour. We highlight positive skills and responses of the parent in order to build your confidence and empower you to support your child.

If you are interested in this course, please complete a request for support form that is held by your Senior Mental Health Lead at your school. Please complete this by 4th December 2023.

Course dates

Session Number	Date	Time	Location	Course Content
1	Tuesday 9 th January 2024	10am-12pm	Microsoft Teams	Understanding the current difficulties and Course aims
2	Tuesday 16 th January 2024	10am-12pm	Microsoft Teams	Goals and Attending
3	Tuesday 23 rd January 2024	10am-12pm	Microsoft Teams	Praise and Rewards
4	Tuesday 30 th January 2024	10am-12pm	Microsoft Teams	Selective Ignoring
5	Tuesday 6 th February 2024	10am-12pm	Microsoft Teams	Effective Instructions
6	Tuesday 20 th February 2024	10am-12pm	Microsoft Teams	Consequences
7	Tuesday 27 th February 2024	10am-12pm	Microsoft Teams	Time-out and Family rules
8	Tuesday 5 th March 2024	10am-12pm	Microsoft Teams	Ending and Trouble-shooting