



Understanding your child's behaviour

Parent group programme



Session number	Date	Time	Location	Session content
1. Understanding the current difficulties and Programme aims	9 th January	10am-12pm	Online	<ul style="list-style-type: none"> • Factors impacting a child's behaviour. • Treatment overview. • Parent traps. • Start thinking about goals
2. Goals and Attending	16 th January	10am-12pm	Online	<ul style="list-style-type: none"> • Developing SMART goals. • The importance of play. • Attending / special time.
3. Praise and Rewards	23 rd January	10am-12pm	Online	<ul style="list-style-type: none"> • The importance of praise. • Giving effective praise. • Rewards for promoting positive behaviours.
4. Selective Ignoring	30 th January	10am-12pm	Online	<ul style="list-style-type: none"> • Selective ignoring to reduce unwanted behaviours. • How to use selective ignoring appropriately and calmly.
5. Effective Instructions	6 th February	10am-12pm	Online	<ul style="list-style-type: none"> • Instructions as a potential trigger for misbehaviour. • How to give instructions to maximise compliance.
Half Term Break (W/C 12 th February)				
6. Consequences	20 th	10am-	Online	<ul style="list-style-type: none"> • The importance of

	February	12pm		<p>boundaries.</p> <ul style="list-style-type: none"> • Using consequences positively. • Natural and logical consequences for unacceptable behaviour.
7. Time-out and Family rules	27 th February	10am-12pm	Online	<ul style="list-style-type: none"> • Time-out for unacceptable behaviour or extreme non-compliance. • Using family rules to create clear expectations and limits.
8. Ending and Trouble-shooting	5 th March	10am-12pm	Online	<ul style="list-style-type: none"> • Review progress and goals. • Keeping things going. • Strategies for other common difficulties.