

PARENT/ CARER INFORMATION SHEET

Parenting for Challenging Behaviour – One-to-one support

How Long? There are 6 weekly sessions for 1 hour (face to face or online)

Who is it for? Parents and carers of children aged 3–9

What is it about? The sessions use a guided self help approach, introducing positive parenting strategies based on cognitive behavioural therapy and social learning theory. It aims to strengthen parent/carer-child interactions, increase your confidence and your child's positive behaviour and break any patterns of escalating or challenging behaviour. This is suitable if your child is demonstrating challenging behaviours and you would like to learn new ways to manage it.

What will happen? Your EMHP (Education Mental Health Practitioner) will introduce a topic each week and you will explore it together. Topics include learning about your child's behaviour, enhancing children's communication, using praise as motivation and using routines and boundaries to set limits. We also teach strategies to manage challenging behaviours such as withdrawal of attention and using calm time. You will be expected to practice skills at home each week and discuss progress in your sessions.

You have the right to opt out of any support offered to you from the Metal health support team. If you wish to access support at a later time, please contact your school Mental health lead.

Disclaimer: This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment. This information can be made available in other languages and formats if requested.

For further information please contact – MHSTClinicalAdmin@alderhey.nhs.uk