

# Parent-Led CBT Programme for Behaviour

For parents of  
children aged  
4-10

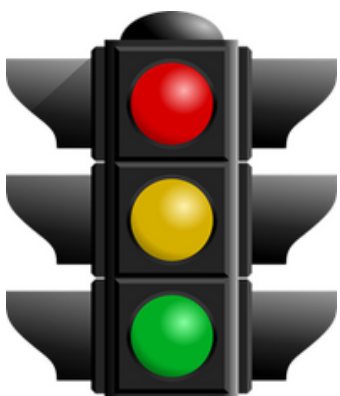
Parent Led Cognitive Behavioural Therapy is a 8 week group programme which aims to support parents/carers with children who are displaying challenging behaviour, i.e. refusal to follow instructions, becoming easily angered, having tantrums or meltdowns etc.

We firmly believe that parents/carers are the experts when it comes to their child, knowing their child best, means they are able to tailor the programmes techniques to the child's individual needs.

## Key topics covered by the programme?



- Learning about your child and their behaviour
- Embracing your relationship and supporting children's communication
- Building self-esteem and improving behaviour
- The importance of routines and boundaries
- Reducing problematic behaviour through the withdrawal of attention
- Supporting children to regulate their emotions through the use of calm time
- Managing non-adherence to commands in children over 5 years



# Parent-Led CBT Programme for behaviour

How can  
parents get  
involved?



## WHO IS IT FOR? AND HOW DOES IT WORK?

Parent Led Cognitive Behavioural Therapy is a guided self-help intervention for parents/carers of children between 4-10 who are demonstrating challenging behaviour, this might involve not following instructions and becoming angry at being told no.

The aim of the programme is to support families with evidence-based strategies to manage and prevent the escalation of behavioural difficulties in their child or children.



## WHEN AND WHERE?

The programme involves parents/carers taking part in an assessment session before attending a 1-hour weekly group for 7 consecutive weeks. There would be an expectation to commit to attending each weekly session as well as completing the required home tasks between each group.

We have groups running throughout the year at various locations, depending on need.



## REFERRAL AND ASSESSMENT

Parents can access the programme following a referral from their child's school, an assessment will be completed with parents/carers, prior to a group starting to ensure this is the correct support.

The programme is offered to a maximum of 2 parents/carers per child.

**For more information on how to refer please speak  
to the mental health lead in your child's school.**