



PARENT LED CBT PROGRAMME FOR BEHAVIOUR



WHO IS IT FOR AND HOW DOES IT WORK?

Parent Led Cognitive Behavioural Therapy (CBT) for behaviour is a guided self-help intervention **for parents/carers of children aged 4-10** who are demonstrating challenging behaviour.

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

This 8-week group programme 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 and carers are the experts when it comes to knowing what's best for their child meaning they are able to tailor the techniques in the programme to their child's individual needs.

WHEN AND WHERE?

After completing an assessment to ensure this is the correct support for your child, parents/carers will attend a 1-hour group session every week for 7 weeks. There would be an expectation to commit to attending each session and complete the required home tasks between each gathering.

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

KEY TOPICS COVERED

- 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

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 starting the programme to ensure this is the correct support they require.

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.