

## Behaviour Intervention – for parents to support their child

### Who is it for?

This intervention has been developed for children under the age of 12 who may be displaying behaviour that feels challenging. The intervention works on strengthening relationships and learning more about how to effectively communicate and reinforce positive behaviour. This intervention is to help manage and prevent the escalation of behaviour challenges. Parents are the expert on their child and research shows they are therefore best placed to help them. This intervention uses evidence-based strategies.

### How many sessions?

The intervention will take place via video call on Microsoft Teams with a small group of parents and at least two NHS Education Mental Health Practitioners guiding them through a series of workshops. Your child is not required to attend any sessions. We ask that parents prioritise this for 6 weeks, in order to complete the sessions and the home tasks we will ask you to do with your child.

The intervention consists of:

- Week 1: One hour session.
- Week 2: One hour session.
- Week 3: One hour session.
- Week 4: 20-minute phone call.
- Week 5: one hour session.
- Week 6: One hour session.

### How does it work?

Over the 6 weeks we will discuss:

- Learning about your child and their behaviour.
- Enhancing the relationship and supporting communication.
- Building self-esteem and improving behaviour through praise.
- Using routines and boundaries to set limits for your child.
- Withdrawing attention to reduce behaviour that feels challenging.
- Supporting emotional regulation through calm time and dealing with non-adherence to commands.

You are invited to find out more about this Intervention with the NHS Mental Health Support Team at Brundall Primary School by attending the **Parent Café on Friday 8<sup>th</sup> November 9.00am-9.30am** at the school.

**Dates for upcoming Online Behaviour Interventions for parents:**

January Virtual Parent Group for Behaviour Challenges – Dates
Wednesday 8th January 2025 1-2pm
Wednesday 15th January 2025 1-2pm
Wednesday 22nd January 2025 1-2pm
Wednesday 29th January 2025 1-2pm
Wednesday 5th February 2025 1-2pm
Wednesday 12th February 2025 1-2pm

Feb/March Virtual Parent Group for Behaviour Challenges - Dates
Monday 24th February 2025 1-2pm
Monday 3rd March 2025 1-2pm
Monday 10th March 2025 1-2pm
Monday 17th March 2025 1-2pm
Monday 24th March 2025 1-2pm
Monday 31st March 2025 1-2pm