

PARENT-LED GUIDED SELF HELP:

CHALLENGING BEHAVIOUR

WHO IS IT FOR?

- PARENTS OR CARERS OF PUPILS FROM RECEPTION TO YEAR 6
- LOW - MODERATE LEVELS OF CHALLENGING BEHAVIOUR E.G. STRUGGLING TO FOLLOW RULES, TEMPER TANTRUMS, DIFFICULTY FOLLOWING REQUESTS

AIMS OF THE INTERVENTION:

- TO PROMOTE POSITIVE RELATIONSHIPS, ATTACHMENT AND PRO-SOCIAL BEHAVIOUR THROUGH SENSITIVE RESPONDING
- TO PROMOTE APPROPRIATE ROUTINES, BOUNDARIES AND LIMIT SETTING

WHY PARENT-LED?

- PARENTS/CARERS ARE THE EXPERTS OF THEIR CHILD
- THEY CAN BUILD ON SKILLS TO SUPPORT THEIR CHILD IN BETWEEN SESSIONS AND WELL BEYOND THE END OF THE INTERVENTION

OVERVIEW OF INTERVENTION

- MEET FACE TO FACE OR VIRTUALLY WEEKLY FOR 6 - 8 WEEKS
- SETTING GOALS TO WORK TOWARDS
- GUIDED SELF HELP - SUPPORTING PARENTS/CARERS WITH HOME PRACTICE TASKS EACH WEEK TO REVIEW
- EXPLORE THEMES SUCH AS:
 - ENHANCING THE RELATIONSHIP WITH CHILDREN THROUGH PLAY
 - PROMOTING POSITIVE BEHAVIOURS AND ROUTINES WITH PRAISE AND REWARDS
 - REDUCING UNDESIRABLE BEHAVIOUR THROUGH SELECTIVE IGNORING
 - INCREASING COMPLIANCE WITH CLEAR CALM COMMANDS
 - PROMOTING BOUNDARIES WITH CONSEQUENCES



PARENT-LED GUIDED SELF HELP:

ANXIETY

WHO IS IT FOR?

- PARENTS OR CARERS OF PUPILS FROM IN RECEPTION TO YEAR 6
- LOW - MODERATE LEVELS OF ANXIETY E.G. FEARS, PHOBIAS, FEELING PANICKY

AIMS OF THE INTERVENTION:

- TO PROVIDE STRATEGIES FOR PARENTS/CARERS THAT THEY CAN USE AT HOME TO SUPPORT THEIR CHILD IN OVERCOMING DIFFICULTIES WITH ANXIETY
- TO HIGHLIGHT POSITIVE SKILLS AND RESPONSES OF THE PARENT/CARER TO INCREASE THEIR CONFIDENCE IN SUPPORTING THEIR CHILD
- PARENTS/CARERS TO WORK THROUGH ACCOMPANYING BOOK 'HELPING YOUR CHILD WITH FEARS AND WORRIES' 2ND EDITION: A SELF HELP GUIDE FOR PARENTS'

WHY PARENT-LED?

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- THEY CAN BUILD ON SKILLS TO SUPPORT THEIR CHILD IN BETWEEN SESSIONS AND WELL BEYOND THE END OF THE INTERVENTION



OVERVIEW OF INTERVENTION

- MEET FACE TO FACE OR VIRTUALLY WEEKLY FOR 6 - 8 WEEKS
- SETTING GOALS TO WORK TOWARDS
- GUIDED SELF HELP - SUPPORTING PARENTS/CARERS TO IMPLEMENT HOME PRACTICE TASKS EACH WEEK
- EXPLORE THEMES SUCH AS:
 - HOW ANXIETY DEVELOPS AND IS MAINTAINED
 - WHAT IS MY CHILD THINKING?
 - WHAT DOES MY CHILD NEED TO LEARN?
 - PROMOTING INDEPENDENCE AND HAVING A GO
 - REWARDS
 - STEP BY STEP PLAN
 - PROBLEM SOLVING



SCAN FOR ACCOMPANYING BOOK

