



Parenting Children's Challenging Behaviours

This six session programme aims to help parents understand and deal with their child's less positive behaviours through exploring their role in behaviour management and offering tools to enhance the relationship between parent and child.

Session 1

- Understand the role of the parent in managing children's behaviour.
- Recognise how stress can impact on our parenting.

Session 2

- Explore the feelings behind the challenging behaviour.
- Understand the difference between children's needs and wants.
- Identify how an authoritative parenting style can help in managing unwanted behaviour.

Session 3

- Understand the importance of rules and boundaries.
- Make the connection between how parents feel and their children's behaviour.
- Realise the benefit of children developing independence for both child and parent.

Session 4

- Have a better understanding of our communication style and understand the link between lack of communication and children's behaviour.
- Recognise how to give children clear instruction using positive communication.

Session 5

- Parents will identify who they can approach for support through the process of change, and acknowledge what or who may hinder parents in establishing a new approach to handling unwanted behaviour.

Session 6

- Parents will have an opportunity to explore the rights of both child and parent. They will visit the principles of parenting and recognise how they can use these in their own situation.
- Parents will acknowledge and celebrate the progress they have made to date.