

Parent Workshop for Challenging Behaviour Informed by 'The Incredible Years'

Part 1: Wednesday 5th November Part 2: Wednesday 12th November
1:15pm-2:45pm at Leaffield C of E Primary School

We are fortunate to be a host school for the CAMHS Mental Health Support Team (MHST).

All our children have been introduced, and some parents have met our resident CAMHS Education Mental Health Practitioner, Lucy Mills.

Lucy and her colleagues work for Oxford Health NHS Foundation Trust and are trained in low-intensity CBT-informed interventions for managing challenging behaviour. They would love to support you all within this workshop to develop your own toolkit of strategies to support your child at home.

The afternoon will consist of a presentation, interactive discussions and activities.
Plus, tea and biscuits!

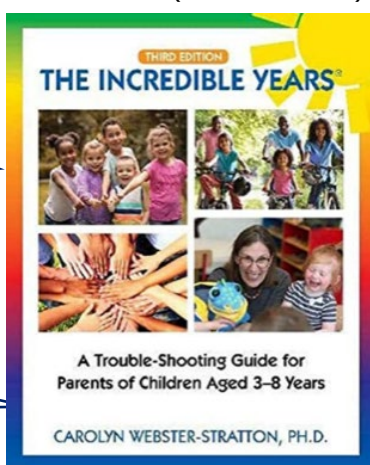


Encouraging independent problem solving.

Some key topics include:
 2019 edition (recommended)

The attention principle and spending quality time together through child-led play/interaction.

Supporting emotion regulation and creating a safe space within the home to support this through 'Time Out to Calm Down'.

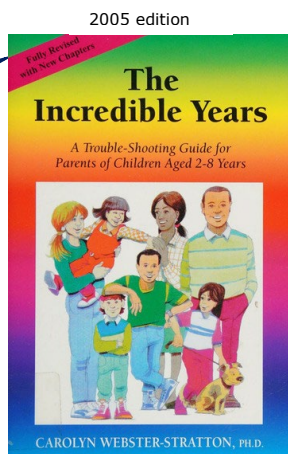


Emotional, Social, Persistent and Academic Coaching Skills (*Only available in 2019 edition*).

Using natural and logical consequences to reduce challenging behaviours.

How to most effectively use labelled praise and rewards, alongside reward systems, to encourage desired behaviours which works for your family.

Incorporating the 'Ignore Technique' to support with reducing undesired behaviours.



Using clear commands and limit setting to create a secure and predictable environment for your child.

Please follow the below link to register your interest to ensure we have sufficient resources available.

<https://forms.office.com/e/iNiZR491h1>

If you would like further information, please contact the school office.