

Guided Self-Help for Challenging Behaviours

'The Incredible Years'

**Need more support?
Request guided self-help from your schools EMHP.**

8 x sessions once a week CBT-informed parent-led intervention following the book content.

Speak with Mrs Abberley for more information.

Self-help guide for parents, useful for:

Supporting emotion regulation.
Compliance and following tasks.
Supporting social skill development.
Identifying emotions.
Encouraging perseverance.
Enhancing parent-child relationships.

Self Help

2005 ed. available on audible (free trial provides first audiobook free).
2019 edition approx. £20, 2005 edition 2nd hand for approx. £5 to buy from Amazon and other retailers.
Borrow from a local library.

Encouraging independent problem solving.

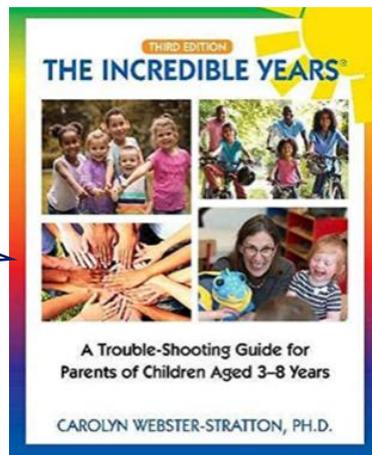
Supporting emotion regulation and creating a safe space within the home to support this through 'Time Out to Calm Down'.

Using natural and logical consequences to reduce challenging behaviours.

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

Key Skills include:

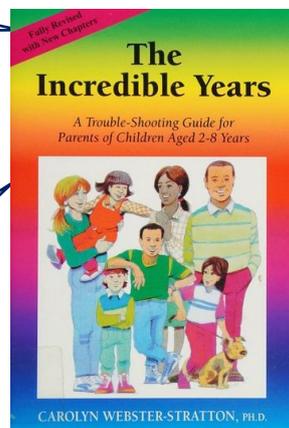
2019 edition (recommended)



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

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

2005 edition



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

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