



Understanding your child's behaviour

Parent group programme



Session number	Date	Time	Location	Session content
1. Understanding the current difficulties and Programme aims	9 th January	10am-12pm	Online	<ul style="list-style-type: none"> ● Factors impacting a child's behaviour. ● Treatment overview. ● Parent traps. ● Start thinking about goals
2.Goals and Attending	16 th January	10am-12pm	Online	<ul style="list-style-type: none"> ● Developing SMART goals. ● The importance of play. ● Attending / special time.
3. Praise and Rewards	23 rd January	10am-12pm	Online	<ul style="list-style-type: none"> ● The importance of praise. ● Giving effective praise. ● Rewards for promoting positive behaviours.
4. Selective Ignoring	30 th January	10am-12pm	Online	<ul style="list-style-type: none"> ● Selective ignoring to reduce unwanted behaviours. ● How to use selective ignoring appropriately and calmly.
5. Effective Instructions	6 th February	10am-12pm	Online	<ul style="list-style-type: none"> ● Instructions as a potential trigger for misbehaviour. ● How to give instructions to maximise compliance.

Half Term Break (W/C 12th February)

6. Consequences	20 th February	10am-12pm	Online	<ul style="list-style-type: none"> ● The importance of boundaries. ● Using consequences positively. ● Natural and logical consequences for unacceptable behaviour.
7. Time-out and Family rules	27 th February	10am-12pm	Online	<ul style="list-style-type: none"> ● Time-out for unacceptable behaviour or extreme non-compliance. ● Using family rules to create clear expectations and limits.
8. Ending and Trouble-shooting	5 th March	10am-12pm	Online	<ul style="list-style-type: none"> ● Review progress and goals. ● Keeping things going. ● Strategies for other common difficulties.