BEYOND BEHAVIOUR

A safe space to share difficulties and problem solve together

Parenting is incredibly rewarding but it can also be exhausting at times.

We understand that it can feel like a rollercoaster of emotions, especially if your child is behaving in ways that is difficult to manage.

If this is something you experience, we can help support you and your family to help things feel a little less challenging.

This intervention is designed to provide parents and carers with strategies to support children and young people to...

- reduce challenging behaviours
- regulate their emotions
- build confidence & independence
- communicate their feelings

Contact Compass Birmingham or a member of staff in school for more information.

Compass Birmingham
Mental Health Support Teams

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BEYOND BEHAVIOUR

What difficulties might you be experiencing that suggest this group could be helpful?

*some or all of the above difficulties are present outside of the school environment

- Difficulty with managing and understanding emotions (difficulty with emotional regulation)
- Difficulty with challenging behaviour
- Difficulty with 'quick' triggers, such as demands, being told no
- Difficulty with independence and confidence
- Difficulty communicating feelings
- Difficulty with change, routines and transition
- Difficulty with sensory sensitivities

The intervention is delivered by Compass Birmingham Practitioners for 1 hour each week for 6 weeks covering:

1. Children's Brain Development
2. Understanding the functions of behaviour
3. Strategies to prevent distress
4. Strategies to prevent escalation
5. Strategies for when your child is in distress
6. Connection building & problem solving

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