








Behaviour Support Parent Group

Our Behaviour Support Parent Group runs over 5 consecutive weeks. Within the course we will set a goal to effect a positive change in your young persons behaviour. We will talk through principles of Positive Behaviour Support (PBS) and how you can use these to effect change in your home.

	Session 1	Welcome and introduction
	Session 2	Understanding behaviours of concern
	Session 3	Changing behaviours
	Session 4	How do we do that?
	Session 5	Creating your own plan

You will have a couple of weeks to implement your plan before we give you a call to reflect on how the plan has been going. We hope to see the first small steps towards your planned goal.

Aims

The group aims to offer you:

- A safe space to share your experiences
- A chance to make connections with others
- The opportunity to learn about behaviour
- Hear about a range of strategies
- Co-produce a behaviour plan to work towards your desired goal.



Each family can bring two people to the sessions, and we welcome you to bring carers or others offering support to the family to be part of the process.



We do ask that you commit to attending all the sessions so that you can make the most of the intervention.