

BEHAVIOUR SUPPORT GROUP

'Empowering parents to help create change'

We all experience challenging behaviour in our children, but for some children and adults these experiences can be overwhelming and interfere with everyday life. For children this may include difficulties at home, school or with friendships. We know a lot of parents and carers find it difficult to know how to deal with their child's escalated behaviours and this can impact mental health and well-being of the whole family.

The Bucks Mental Health Support Team are running a group for parents who have a child who experiences behavioural challenges. The group offers practical strategies to help you support your child when they are struggling. It also provides parents with an opportunity to meet other parents who are in a similar position.

The strategies taught in the group include':

- Understanding behaviours and how to manage them
- How to implement Limits and Boundaries
- How to implement positive reinforcement to help create change
- Understanding ways to improve communication with your child

If you are interested in finding out more please let your school's mental health lead know and they will make a referral to us. Your child will need to be under the care of the Mental Health Support Team for you to access the group. Once we have received the referral we will be in touch with you to arrange an assessment over Microsoft Teams. This will be an opportunity for you to discuss your child's behaviour and we will share some more information with you about the group.

Further information

If you would like to find out more about the support the MHST offers, please contact your schools Senior Mental Health Lead. Alternatively please see our website:

<https://www.oxfordhealth.nhs.uk/camhs/bucks/services/mhst/>



How sessions are delivered

Group format

Up to 10 parents (of children aged between 5-14) per group either face to face or digitally



Weekly sessions

1st session—2hrs

Followed by

4 session—1.5hrs

