



MENTAL HEALTH SUPPORT TEAM



Parent-Led Support for Behaviour

Support for Parents

Is your child finding it hard to manage their behaviour at home or school?

You're not alone. Many families go through this. This programme is here to support you.

What is it?

Parenting for Behaviour is a short programme for parents of children with mild to moderate behaviour difficulties. It gives you simple, practical ideas to help manage challenging behaviour and build a calmer home life.

This is about support — not blame.

What will happen?

- You will meet with a practitioner for 6 weekly sessions following an initial assessment appointment
- You will talk about what's going well and what feels difficult
- You will learn easy strategies to try at home
- You will review how things are going each week

The strategies are small, practical steps that fit into everyday family life.

Why work with parents?

Children learn best from their parents. By working with you, we can:

- Help you understand your child's behaviour
- Build your confidence
- Support you to respond calmly and consistently
- Create positive changes that last

You know your child best. This programme builds on what you are already doing and gives you extra tools to make things easier.

Parenting can be tough at times. We are here to work alongside you.

If you would like more information, please speak to your child's school or send an email to MHSTEnquiries@combined.nhs.uk.