

In conjunction with

Signposts
For Building Better Behaviour



Aims of the Signposts Programme

- To work with families to:
 - Develop ways of preventing difficult behaviours.
 - Encourage more appropriate behaviour.
 - Teach children new skills.
 - Help to meet any new challenges in the future.
- To help parents/carers understand their child's behaviour.
- To enable parents/carers to work out why the behaviour happens.
- To build on parenting skills by increasing parents/carers confidence, and preparing and practicing how parents/carers respond to their child's behaviour.
- To help families address behaviours that their children display, that they find difficult to manage.

<p style="text-align: center;"><i>Features of the Signposts Programme</i></p>	<p style="text-align: center;"><i>The Signposts Programme</i></p>
<p>Signposts will be completed in 6 sessions – please come along even if you can't make all of the sessions.</p> <p>Each session will last between 2 – 2½ hours.</p> <p>There is no cost for attending the programme.</p> <p>You will receive 8 booklets (modules) and 1 DVD free of charge.</p> <p>The programme is recommended for parents/carers whose child has a global developmental delay or learning disability, and is aged between 3-16 years</p>	<p>The signposts sessions include:</p> <p>Coffee morning - Introduction Session</p> <p>Module 1: Measuring your child's behaviour</p> <p>Module 2: Systematic use of daily interactions</p> <p>Module 3: Replacing difficult behaviour with useful behaviour</p> <p>Module 4: Planning for better behaviour</p> <p>Module 5: Developing more skills in your child</p> <p>Work on programs at home</p> <p>Review session</p>

Upcoming Signpost Course

The next Signposts course will be held

Via Microsoft Teams you will need an email address to enable us to send you invites to the sessions

The sessions will start at **10:00am** and are estimated to finish at **12:00pm**

The session will be held on a **Thursday** morning on the following dates –

5/11/2020 – 19/11/2020 – 03/12/2020 – 17/12/2020 – 07/01.2021 – 21/01/2021

If this is something you are interested in completing or you would like additional information then please contact –

Central Cheshire LD CAMHS on: 01270 848 030

East Cheshire LD CAMHS on: 01625 712043

To confirm your place on the next available course

PLEASE CONFIRM YOUR ATTENDANCE BY THE 30/10/2020

