

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.

Features of the Signposts Programme	The Signposts Programme
<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

To be arranged

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 –

25/02/2021 – 11/03/2021 – 25/03/2021 – 22/04/2021 – 06/05/2021 – 20/05/2021

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

