

Blackpool Carers Centre

Quality • Passion • Respect

Managing Challenge Behaviour Course

Hand in Hand Project





Managing Challenging Behaviour

For many parents, coping with a child's challenging behaviour can be extremely difficult, and place a major stress and strain on parents and their family.

This course provides parents with strategies to help manage these behaviours and enables them to meet with others who are in similar situations which helps to show parents they are not alone.

The course is set out over four 3-hour sessions covering:

- **Confidence and stress management**
- **Understanding your child's needs**
- **Communication**
- **De-escalation of aggression and extreme behaviour**



Resources are provided so that parents can implement these strategies at home and in the community and the sessions are always done in a relaxed and accessible way.

There will be opportunities to continue to develop with our support staff, communication resources such as social stories, behaviour diaries, feelings and reward charts.

Parents will also be informed of and be able to access other services within the Hand In Hand Project



The Managing Challenging Behaviour course is open to all parents living in Blackpool who have a child with a disability, an additional need or challenging behaviour up to the age of 18.

Parents can self-refer or be referred by any professional or family member.

For further information or to book a place on any of the workshops, please contact Ann Hollis on 01253 393748.





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