



FOCUS Session

Dealing with Children's Challenging Behaviours

Are you getting frustrated with your child's anti-social behaviour? How you react to them can have a lasting effect on your child. Learn some fun and entertaining strategies you can easily put in place to assist your child progress through these challenging behaviours.

This focus session is designed for carers of children aged 2 to 10 years. It will provide you with strategies for curbing anti-social behaviours, setting boundaries and guidelines and knowing what you should be expecting of your young person, through their different stages of development. Are your expectations realistic? ...Come along and see! Topics include:

- Showing your child how to positively play and interact with other children
- Encouraging your child to be assertive and confident
- The need and importance of positive reinforcement in a child's life
- Redirecting negative anti-social behaviour
- Clear directive ways to establish behavioural guidelines and boundaries

Your child does not need 'fixing' as they are not 'broken' (Gowen & Nebrig 2002). They simply need to be responded to sensitively with your guidance and acceptance using both non-verbal and verbal techniques.

MPS

training

exceeding expectations

\$132 per person (GST inclusive)

LEARNING OUTCOMES

MPS Training Focus Sessions are designed for optimal discussion and interaction. Our trainers use current effective facilitation techniques to ensure all learning styles and thinking preferences are addressed to ensure every unique learner achieves the key learning outcomes:

- Identifying 'Pro-social Skills' and learning ways to incorporate these into your child's play
- Teaching your child the art of adaptive thinking to discover the difference between thoughts and emotions and how these feelings can grow your child's self-esteem
- Using non-verbal communication techniques to create positive new habits
- Identifying key triggers around challenging behaviours and applying strategies to stop the behaviour escalating using guidelines and boundaries
- Identifying when and how to successfully use encouragement, praise and rewards and when NOT to use them!
- Applying re-direction strategies to stop anti-social behaviour from escalating.

VENUE:

MPS Training Centre
Unit 9/141 Flemington Road Mitchell,
ACT

Check our website for course dates

Book now!

Contact our friendly MPS Training staff today, but be quick as seats are limited!

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