



## Information Session for Parents, Carers and School Staff

### Behaviour Management Techniques with Family Solutions Somerset

**Date:** Monday, 25<sup>th</sup> March 2024

**Time:** Starting at 6pm with an estimated end time of 7:30pm

**Venue:** Room H1, Huish Sixth Form building, Huish Episcopi Academy, Langport, TA10 9SS

We are pleased to be able to offer this session again and hope that the later start time is more convenient. Parents, carers, governors and school staff will all find it useful. Please book your place online.

#### **A whistle stop tour of some parenting techniques and strategies to use with your children aged 2-18.**

We will be looking at the following principles that underpin all areas of parenting (and relationships) whatever the age.

- Emotion Coaching, being able to label our emotions- CBT/Behaviour Curve
- Brain development and how it affects children
- 3 Key questions to help with behaviour management
- Supporters – who can support you?
- Focusing on what really matters – basket exercise
- Social Learning Theory – new behaviours can be learnt by observing and imitating others (bandura)

The session will be fully collaborative, and we will be open to conversations and listening to your own techniques which have been successful.

To book a place to attend this session please visit: <https://forms.gle/9wJpahjvNjvuC3fJ6>