



HELPING YOUR CHILD WITH CHALLENGING BEHAVIOUR

The Wellbeing Practitioners at Young Somerset are offering support for parents with a child, aged 5-12, who are displaying mildly challenging behaviour at home.

This intervention is useful if you would like support and help to understand this behaviour and learn strategies to encourage positive behaviour and reduce negative behaviour.

We are able to offer an initial telephone assessment to establish whether this is the right support for you, followed by 6 telephone sessions to help you develop skills in managing difficult behaviour.

This will involve working your way through a workbook emailed to you, by one of the Wellbeing Practitioners, and discussing the material during weekly phone sessions. This support is suitable for mild difficulties with behaviour.

Unfortunately, our Wellbeing Practitioners are not able to work with young people who are struggling with difficulties which are complex, causing high levels of distress or where the difficulties pose a risk to the young person's safety.

If you are interested in this service or to find out more please email wellbeing@youngsomerset.org.uk