



The 123 Magic Behaviour Management Programme is a virtual 5 week programme for parents and carers of children ages 2 - 12 years diagnosed with ADHD or who display challenging behaviour.

The programme aims to empower and equip parents and carers with techniques to use in the home to better manage behaviour, whilst developing their confidence and understanding of their child's behaviour.

To register or for more information, email FFISgroupprograms@hounslow.gov.uk

Next dates:

January 2025 Cohort:

15 Jan 2025 - 12 Feb 2025
Wednesdays 10 am - 12 pm

This Behaviour Management Programme offers parents and carers support and easy to follow steps to immediately manage challenging behaviour with reason, patience and compassion.

The programme provides simple tools for:

- Controlling / managing unacceptable behaviour (e.g. testing and manipulative behaviour such as whining, badgering, physical attacks, swearing, aggression)
- Encouraging positive behaviour (morning and bedtime routines, eating meals, household chores, cleaning up after themselves)
- Strengthening the child - parent relationship (and building your child's self-esteem)

AGENDA



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Session 1	<p>Introductions</p> <p>Housekeeping' and group-rules</p> <p>Pre-evaluation sheets</p> <p>ADHD- what is it? Psychoeducation</p> <p>1-2-3 Magic begins!</p> <p>The 3 Parenting jobs</p> <p>Learning Disabilities and ASD Resource Pack</p>
Session 2	<p>Straight-thinking</p> <ul style="list-style-type: none"> • The Little Adult Assumption • The two biggest discipline mistakes • Start and Stop behaviour <p>Stop behaviours with your child (<u>Groups</u>)</p> <p>Controlling challenging behaviour - Practising the Counting</p> <p>Real world applications and getting started at home</p>
Session 3	<p>Real life applications (continued)</p> <p>Testing and manipulation</p> <p>Major & Minor behaviours</p> <p>Counting in action</p> <p>Lying</p> <p>Telling the truth</p> <p>Screen Time</p> <p>Anger (Anger Poem, Anger Map & Calm Down handouts to complete with children)</p> <p>Planning your family meeting</p>
Session 4	<p>Encouraging Good Behaviour- "The 7 tactics"</p> <p>1) Discussion on Encouraging Good Behaviour</p> <p>2) '<i>Docking-System</i>' Parenting Top Tips</p> <p>Strengthening relationship, your child's self-esteem and one to one fun / shared fun</p> <p>The Kick off Conversation</p> <p>Rewards Charts</p>
Session 5	<p>Specific applications</p> <p>Discussion regarding sleep</p> <p>Sympathetic listening - when to listen and when to count</p> <p>Role Play</p> <p>Avoiding over-parenting</p> <p>Evaluation forms & Learning Outcomes</p> <p>Relaxation Techniques/Self-Care</p> <p>Your new life</p> <p>Certificates</p> <p>Conclusion</p>