

1-2-3 MAGIC

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

Upcoming cohort dates:

September 2026 Cohort:

24 Sept 2026 - 22 Oct 2026
Thursdays 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)

London Borough of Hounslow

AGENDA

Session 1	Introductions Housekeeping' and group-rules Pre-evaluation sheets ADHD- what is it? Psychoeducation 1-2-3 Magic begins! The 3 Parenting jobs
Session 2	Automatic v deliberate parenting Stop-behaviours with your child Considering what the behaviour may be communicating Managing challenging behaviour using various strategies and approaches (including the 123 Magic approach, PACE approach and other sup-porting tactics) Real world applications of applying strategies and getting started at home
Session 3	Real life applications (continued) Testing and manipulation Major & Minor behaviours Zones of Regulation Counting in action Lying and enabling telling the truth Screen Time Children's anger (Anger Map & Calm resources)
Session 4	Encouraging Good Behaviour- "The 7 tactics" Specific resources looked at; 1) '*Docking-System*' 2) '*Engaging Activities Box'* *3) Reward Incentive Charts* Parenting Top Tips Strengthening the relationship, your child's self-esteem, one to one fun / shared fun and avoiding over-parenting The Kick off Conversation
Session 5	Specific applications for routines (bedtimes, getting up, eating, cleaning up after their-selves, home-work Sympathetic listening - when to listen and when to count Avoiding over-parenting Evaluation forms & Learning Outcomes Relaxation Techniques/Self-Care Your new life Certificates Conclusion

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