**Behaviour Management Early Help available in Portsmouth for families of children and young people**

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| **LEVEL OF NEED** | **What a family might be concerned about** | **What might this look like in family** | **How to access this support** | **What is this support** | **What does this support look like** |
| **Specialist** | What allowances to make in managing behaviour issues where a child has Additional needs | Parents and carers are motivated to support their child but do not know how to manage behaviour issues where there is a diagnosed physical or learning disability, such Autistic Spectrum Disorder, Global Developmental Delay, Down’s syndrome etc. | **Delivered by CAMHS**.  **Access to Early help team via MASH contact form** [pccraduty@portsmouthcc.gcsx.gov.uk](mailto:pccraduty@portsmouthcc.gcsx.gov.uk)  **or**  [EarlySupportReferralPanel@portsmouthcc.gcsx.gov.uk](mailto:EarlySupportReferralPanel@portsmouthcc.gcsx.gov.uk)  **accompanied by EHA** | **Triple P Stepping Stones course 3-12 years**  Aims to promote children’s development and manage children’s behaviour in constructive and non-hurtful ways.  Young people who act in defiant, aggressive or violent ways control others around them. Their dismissiveness towards adults, and their rejection of the adults’ attempts to look after their well-being, can make it very difficult for parents, carers or teachers to uphold a caring responsiveness. | 10 x 2.5 hour group sessions  Stepping Stones Triple P recognises seven key aspects to the positive parenting of children with disabilities:  Parents are given a workbook to use throughout the course and take home.  Involves use of DVD, large and small group discussions and activities, skills practise and homework tasks. |
| **Severe** | Child to adult violence and aggression  Feeing out of control  Being fearful of child | For parents whose child is acting abusively towards them or beyond their control.  Young people who act in defiant, aggressive or violent ways control others around them. Their dismissiveness towards adults, and their rejection of the adults’ attempts to look after their well-being, can make it very difficult for parents, carers or teachers to uphold a caring responsiveness  In these families children / young people hold the power and parents feel helpless to set boundaries and maintain a positive safe relationship  In some cases this results in over compensation by parent  In other families the conflict becomes heated and there is escalation from both adult and child. The parent becomes unable to see the child behind the behaviour  This is a pattern of behaviour and is not a one off incident | **Access to Early help team via MASH contact form** [pccraduty@portsmouthcc.gcsx.gov.uk](mailto:pccraduty@portsmouthcc.gcsx.gov.uk)  **or**  [EarlySupportReferralPanel@portsmouthcc.gcsx.gov.uk](mailto:EarlySupportReferralPanel@portsmouthcc.gcsx.gov.uk)  **accompanied by EHA** | **NVR Course Age range 5- 19**  In **Non Violent Resistance**, parents or carers learn to acquire a position of strength, not giving in to unreasonable or harmful demands by the child, protecting themselves from aggression and violence, yet avoiding the unnecessary, unhelpful and painful battles of the past. “Raising parental presence” becomes the alternative to trying to control an uncontrollable and often out of control child. Feeling empowered and stronger, parents can then use ‘reconciliation work’ to develop a stronger focus on the young person’s needs, and show that they continue to love and care about their child.  Families where neglect is feature can still access this course | 8x 2 hours Weekly Course |
| **Who's In Charge** course Age range 10 - 18 year  This is a therapeutic and educational programme for parents. The goal is to empower parents by reducing stress and guilt, examining strategies for creating meaningful and practical consequences for unacceptable behaviour and reducing parental feelings of isolation. . There is no neglect.  Parents need to be motivated to attend and may have previously attended other parenting courses including Triple P. | 8 x 2.5 hours weekly sessions plus a follow up group session 2 months later**.** |

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| **LEVEL OF NEED** | **What a family might be concerned about** | **What might this look like in family** | **How to access this support** | **What is this support** | **What does this support look like** |
| **Moderate** | Lack of confidence to set or embed rules and routines  Lack of understanding of child development | For parents of children with more challenging or severe behavioural difficulties, who are motivated to make changes in their parenting  Behaviour is across a variety of settings- home, school, community or across a variety of children in same family | **Access to Early help team via MASH contact form** [pccraduty@portsmouthcc.gcsx.gov.uk](mailto:pccraduty@portsmouthcc.gcsx.gov.uk)  **or**  [EarlySupportReferralPanel@portsmouthcc.gcsx.gov.uk](mailto:EarlySupportReferralPanel@portsmouthcc.gcsx.gov.uk)  **accompanied by EHA** | **Triple P course 5- 12 years**  (based of developmental age-some issue which focus on over 10s might be better supported by the teen Offer- please consult with Specialist Parenting support worker  Tracy Brooks- Milton Family Hub  Lorraine Morgan - Buckland Family Hub) | Up to 10 x 2.5 hour group sessions  Parents are given a workbook to use throughout the course and take home.  Involves use of DVD, large and small group discussions and activities, skills practise and homework tasks  Provides an in-depth understanding of positive parenting. |
| **Mild** | Lack of confidence in parenting at a specific stage of development  Lack of confidence / experience of managing a specific behaviour or situation e g sleep routines | Parents who are generally coping well but have one or two concerns with their child's behavior or development.  There may be difficulties getting children to have good sleep routines, sibling arguments, fighting and aggression, managing risk taking in teenagers  **Parents are unlikely to have a lead professional** (where there is a lead professional TAW support can be offered to provide advice to parents) | Parenting surgery- Parents can call the family hubs to book at one of the weekly sessions | Parenting advice surgeries for families where the behaviour issue is for children over 5 years | Brief one time intervention and triage to identify additional support. Parents will be signposted to universal offer. If more complex needs are identified an EHA will be required and parents will be directed to contact school or will be referred to EHP service via MASH contact form |
| School Nursing Children and Young People aged 5-19  **Contact 02392684545** | School Nurse Appointments | School Nurses will offer drop-ins in school to support health concerns for children 5-16. Parents offered short intervention work with children |
| Health visiting Children aged 0-5 years - Contact **02392684545 or your named health visitor's mobile number.** | Health Visitor support for families who are experiencing difficulties with children under 5 | One to one support with developmental and behavioural issues including Parent Child Game.  Interventions and advice based on the Solihull Approach. |
| Discussion Groups- Parents can call the family hubs to book at one of timetabled sessions:  **Buckland Family Hub** Turner Rd PO1 4PN  Admin -02392733440  **Landport Family Hub** 221 Arundel St PO1 1NF  Admin - 02392815005  **Somerstown Family Hub** Omega St PO5 4LP  Admin- 02392821816  **Milton Park Family Hub** Perth Rd PO4 8EU  Admin - 02392827392  **Northern Parade Family Hub** Doyle Ave PO2 9NE  Admin - 02392660866  **Paulsgrove Family Hub**, Cheltenham Ave PO6 3PL  Admin - 02392385995 | Primary  Discussion Groups  Age 5- 12 years  **(guide based on developmental stage and issues being addressed)**  Teen Discussion groups  12-16 years  **(guide based on developmental stage and issues being addressed)** | Two and half-hour small group sessions, targeting a specific problem behaviour or issue. Each discussion group can be taken as a stand-alone session or as part of a series. There are three topics for parents of children  5 –12 (Dealing with disobedience; Managing fighting and aggression; Developing good bedtime routines;  Two and half hour small group sessions, targeting a specific problem behavior or issue. Each discussion group can be taken as a stand-alone session or as part of a series. There are three topics (Coping with teenagers' emotions; Reducing family conflict; Getting teenagers to cooperate; |