



Information Session for Parents, Carers and School Staff

Behaviour Management Techniques with Family Solutions Somerset

Date: Monday, 23rd January 2023

Time: Starting at 4:30pm with an estimated end time of 6pm

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 earlier 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
- Showing empathy not sympathy
- Attention – children will seek any kind of attention – good or bad
- Ignoring behaviours we want to see less of
- Specific praise... labelled
- Social Learning Theory – new behaviours can be learnt by observing and imitating others (bandura)
- Use of rewards – after the event (bribes come before), smart and cheap

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/qAsCbfBR3qpqWRq29>