

Guided Self Help for Better Behaviour

Your MHST can offer parents of children of Primary School age an evidence based intervention to help improve behaviour.
(8 weekly sessions - 1 hour)

If you would like to discuss whether this course is for you, please speak with your school or email us.

**Cheshire Mental Health
Support Team (MHST)**

cwp.cheshiremhstreferrals@nhs.net

This intervention is designed to promote positive relationships. It helps support appropriate routines, boundaries and limit setting. It includes...

- ✓ The importance of play
- ✓ Praise & rewards to promote positive behaviour and routines
- ✓ Reducing undesirable behaviour
- ✓ Using clear, calm commands
- ✓ Promoting boundaries with consequences
- ✓ Creating clear expectations with family rules
- ✓ Sessions are with you as the parent and are delivered face to face or online

Father of four children "Thank you so much for your support and advice during the intervention, the relationship with my children has improved so much, our home is no longer a house but a place here we can all be ourselves & enjoy being

Helping people to be
the best they can be