

# Guided Self-Help for Better Behaviour Group

The Mental Health Support Team (MHST) in Ellesmere Port is pleased to offer this 7 week evidence based intervention group for parents & carers who want to encourage better behaviour at home.



**Kingsley Resource Centre**  
Coronation Road,  
Ellesmere Port  
CH65 9AA

**9.30am -  
11.30am**

**Session 1 Goals and Play/Special Time - Tuesday 5th November**  
Enhancing the relationship with children through play

**Session 2 Praise and Rewards - Tuesday 12th November**  
Promoting positive behaviours and routines with praise and rewards

**Session 3 Selective Ignoring - Tuesday 19th November**  
Reducing undesirable behaviour through selective ignoring

**Session 4 Effective Instructions - Tuesday 26th November**  
Increasing compliance with clear calm commands

**Session 5 Consequences - Monday 2nd December**  
Promoting boundaries with consequences

**Session 6 Time Out and Family Rules - Tuesday 10th December**  
Creating clear expectations with family rules and time out to calm down

**Session 7 Ending and Trouble Shooting - Tuesday 17th December**

Please note you must book a triage appointment with us before starting the group. These will be held on Tuesday 29th and Wednesday 30th October. Please email [cwp.cheshiremhstadmin@nhs.net](mailto:cwp.cheshiremhstadmin@nhs.net) to book an appointment