



Child Behaviour Coach

3-Day

Training Details.





Child Behaviour Direct is excited to share with you the Child Behaviour Coach training details. If you are looking for expert training for your staff who work directly with children and families of 0-19 years that will ensure your staff are giving expert evidence based, parenting advice that has been approved by the CANparent quality mark, this training is for you.

Parenting is the most significant factor that influences a child's mental health, wellbeing and success in life, yet surprisingly vital information regarding good parenting skills is not widely known. This means that parents are often left struggling with their child's behaviour and their wellbeing suffers. This programme was developed to give parents the skills and information they need to find the root cause of behaviour problems, to end the struggles and help their children lead a happy, positive life and reach their full potential.

What parents say about the programme:

"An excellent programme that guides your own positive nature to fuel your families' development. The skills will last a life time" Liz from Lichfield

"This course has helped me to put things into perspective, understand and step back and think about feelings emotions and reactions. The course has helped me to feel like I am now in a better place." Sue from Rugeley

"I LOVE all the information that I have received from you! It really works."

*"This programme really helped me with my fatherhood thinking thanks so much."
Dave from Cannock*

"Since taking the programme, my partner and I have been able to work together as a whole unit to make everything easier when dealing with everyday problems that may occur. We are deeply grateful and appreciative what this programme has taught us."

"I just wanted to say a big thank you to all you have done to help me and my boys. I see a big difference in all of them and especially in myself." Jayne from USA

"I have both thoroughly enjoyed the course and learned realistic and achievable parenting skills." Sue from Stone

"I have currently been through some very difficult domestic issues and found Ruth to be patient and mindful during our time together." Tony from Stafford

100% of parents completing the programme say they would recommend it to others.



Child Behaviour Coach

3-Day Training

Becoming a Child Behaviour Direct Coach (CBD Coach) gives you the ability to offer certified guidance to parents in your work place following these aims objectives and outcomes. Improve a child's cognitive behaviour and unlock their full potential for a happy and fulfilling life.

Aim of the programme:

To help parents to find the root cause of children's negative behaviours and to sustain positive behaviour changes in their child.

Objectives:

- 1. To help parents obtain the skills and knowledge needed to effectively find the root cause of their child's behaviour.*
- 2. To increase parents' knowledge and approach to applying new, positive parenting concepts and techniques.*
- 3. To increase parents' understanding of the techniques required to sustain positive behavioural changes in their child.*

Outcomes:

At the end of the Child Behaviour Direct programme:

1. Children will make and sustain long-term positive improvements in their behaviour.
2. Overall stress and emotional well-being will improve throughout the family.
3. Children's' confidence and self-esteem levels will improve.
4. Parents will be able to recognize issues and use the positive parenting strategies effectively.
5. Parents will make and sustain long-term positive improvements in their parenting skills.
6. Parent's Emotional Wellbeing will improve.

Parent's Guide to Children's Behaviour Four-Part Positive Parenting Programme Details:

Programme details:	
<p>Part 1</p> <p>How you influence your children's behaviour.</p>	<ul style="list-style-type: none"> • An in-depth look at exactly what does influence children's behaviour? • The vital 3-step formula to parenting success that shows the root cause of unwanted behaviour.
<p>Part 2</p> <p>How to nurture your children's true nature.</p>	<ul style="list-style-type: none"> • Proven strategies that show parents the key to bringing out a child's true good nature. • Preventing unwanted behaviours by nurturing each child's true nature.
<p>Part 3</p> <p>How to handle unwanted behaviour.</p>	<ul style="list-style-type: none"> • How to positively manage unwanted behaviour (without the naughty step or time out). • Make an individual action plan for each family.
<p>Part 4</p> <p>Living happily ever after.</p>	<ul style="list-style-type: none"> • How to keep going and maintain progress. • Essential good communication skills, working as an effective team and understanding how the brain drives behaviour.



Three Day Training Details:

Day 1

How Parents Influence Children's Behaviour.

- Parenting Styles.
- Long and short-term influences on behaviour.
- The 3-step formula to find the root cause of children's behaviour.
- How stress effects behaviour and why it is vital to manage this.

How to Nurture a Child's True Nature.

- Strategies that are proven to bring out a child's true good nature.
- Raising a child's self-esteem and why this is vital to improve behaviour.
- Using reward and praise for good behaviour in the most effective way.
- Teaching children new skills.
- Emotional literacy and why it is key.
- Teaching children self-awareness and to understand their emotions.

Day 2

How to Nurture a Child's True Nature continued & Handling Unwanted Behaviour.

- Understanding the different types of behaviour and how to manage them effectively.
- Setting boundaries and positive consequences.
- How to ask for what you want.
- Planning for each family.

Day 3

Living Happily Ever After.

- Balancing family life.
- Good communication and why it is vital.
- Team work.
- Subconscious and conscious mind and how it drives behaviour.
- Evaluating the programme for certification & maintaining progress...**and loads more!**



Parenting Support You Can Offer:

6-week 1:1 support for parents who have universal parenting concerns.

8-week 1:1 support for parents whose children may have additional needs.

12-week 1:1 support for parents may have additional needs and whose children have persistent long-term behaviour problems.

6-week group parenting class:

Group classes are suitable for up to 10 parents and offered in two age groups of 0-10 and 11-19 years old.

Further ongoing support as required:

What professionals say about the training:

"Really Positive – Excited to start working 'positively' with parents" Jane Elliker – Deputy Head, Rocklands Special School.

"A fantastic short course. I found the conversations associated with the booklet invaluable Ruth delivered the course very well and the personal stories made it very interesting. Thank you, Ruth" Pam A - Community Lead, Oasis Academy Birmingham.

" Although there was a disturbance during day 2 I feel Ruth still managed to complete the course to an exceptional standard." Stefan G – Community Lead, St Georges Primary.

" 3 Days well spent, Ruth was knowledgeable and informative. She allowed the group to learn through shared experiences. The course is clear and easy to use. Although structured, there is room for flexibility. Ruth was sensitive to the needs of the group and brought out the best in all members." Gemma Cooney – Family Support Lead, City of Birmingham Pupil Referral Unit.

"Ruth delivered the course to an exceptional standard. It was very informative, and the material was well presented." Richard P – Family Support Worker, Albert Bradbeer Primary.

100% of professionals say they would recommend the course to others after completing the training.



Additional Training details:

Pre-Training Knowledge Requirements:

- **Experience of working with children and or families.**
- **Qualified in a relevant subject to level 3.**

Training packs included:

As a CBD coach, you will be given a coaching pack with manual and access to the coach membership area online where you can download:

- Parent group class lesson plans.
- PowerPoint for parent group classes.
- Downloadable parenting evaluation packs.
- Free downloadable behaviour tip sheets (such as ADHD and Meal times).
- Group session activities.
- Parent's certificate of attendance.

The parenting manuals required for parents taking the programme are purchased directly from Child Behaviour Direct.

Cost: £280 per delegate: This training is available at a discounted rate (previously ~~£540.00~~ per person) and includes 3 full days of training all resources and training manual. Plus expenses where applicable.

For a minimum of 5 staff you can book the training on dates that work best for your school.

Host school will receive a further discounted price at just £210.00.

If you are not sure you can fill 5 places by asking local schools to join you, then we can help by spreading the word for you.

Book before the end of the summer term to lock down the special offer price.

Please contact Ruth Edensor with any questions.

Email: ruth@childbehaviourdirect.com **Call:** Ruth Edensor 07929 047110

www.childbehaviourdirect.com