

Forever Families Group

The group is run by 2 members of the CAMHS Mental Health Support Team. It consists of 8 sessions, each 1.5 hours long, and one telephone appointment.

What will the Group cover?

Misbehaviour is a normal part of childhood, with all children misbehaving from time to time, but in some cases, these persist and start to interfere in our lives. This may bring problems at home, at school and/or with friends.

In the group, we will talk about attention, praise and rewards, consequences and the reasons behind the approach we have taken. We will also take you through step-by-step techniques to help you to manage your child's behaviour.

The group is based on the Incredible Years approach, which looks at the links between behaviour and attention. Throughout the sessions we will be taking you through principles to help you to spot patterns or vicious cycles that your child may have become stuck in and sharing skills and strategies either to break these cycles or prevent them from occurring.



What can I expect at group sessions?

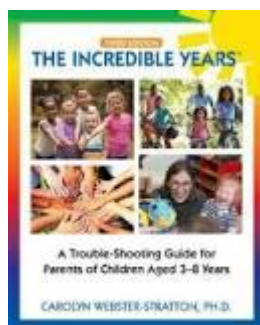
- At the moment, all our group sessions are being done via Video Call, rather than in person. We are using MS Teams for our Video calling. You will be sent an email invitation for each session, including a link to click on to bring

you into the group. Through teams, we will be able to share presentations and video clips with you, and you will be able to ask us questions.

- If you are not familiar with using MS Teams, don't worry, we can support you with this!
- Each session builds on the last, so you need to be able to attend all sessions
- We aim to run the sessions in a friendly and relaxed manner.
- We will be asking participants to do some additional reading or home practice tasks between sessions.

What will I need?

We would encourage all group participants to have access to a copy of the book "The Incredible Years: A trouble-shooting guide for parents/carers of children aged 3-8 years" by Carolyn Webster-Stratton.



The group follows the book's structure and we will be asking you to read certain chapters between sessions. It is usually available from Amazon for about £24 but is also widely available from the library. If you have any concerns about this, please speak to one of the facilitators.

You will also need access to a laptop or smartphone that can run MS Teams, and a quiet place to sit during groups, where you are not likely to experience regular interruptions! To get the most out of the group, you will also need some time during the week to practice any techniques we've covered and do the between session reading.