Signposts for Building better Behaviour Programme

Features of the Signposts Programme

- Signposts is an evidenced based programme
- **The programme is recommended for parents/carers whose child has a global developmental delay or learning disability, and is aged between 3-16 years.**
- Signposts will be completed in 6 sessions – please come along even if you can’t make all of the sessions.
- Each session will last between 1½ - 2 hours.
- There is no cost for attending the programme.
- You will receive 8 booklets (modules) and 1 DVD free of charge.

The Signposts Programme

The signposts sessions include:

- Coffee morning - Introduction Session.
- Module 1: Measuring your child’s behaviour.
- Module 2: Systematic use of daily interactions.
- Module 3: Replacing difficult behaviour with useful behaviour.
- Module 4: Planning for better behaviour.
- Module 5: Developing more skills in your child
- Work on programs at home
- Review session

The sessions will be presented to you using a power point presentation, and there will be lots of opportunity to talk about your child and their strengths and needs.

There is a DVD to watch and a work book with some written tasks to do - staff will be on hand to support you with these.

There will be reading and recording to do in between the sessions and tasks to try at home.

The Modules

**Module 1**

- This module looks at learning to describe your child’s behaviour in a very clear way.
- It teaches parents how to measure their child’s behaviour.
- It teaches parents how to record their child’s behaviour & how to graph the behaviour if needed.

**Module 2**

- This module helps parents to identify the skills and strengths of their child.
- Looks at understanding the effects of triggers and consequences on their child’s behaviour.
- How to use triggers and consequences to build on the child’s strengths.
How to give effective instructions
Setting up house rules.

Module 3
- This module looks at the purpose of behaviour.
- Helps parents to begin to identify the purpose of their child’s difficult behaviours.
- Considers strategies for dealing with difficult behaviours.

Module 4
- This module looks at planning for difficult times and also looks at:
  - Routines that you currently have.
  - Planning for high risk times.

Module 5
- This module looks at teaching your child new skills.
  - How to break skills in to parts.
  - The teaching by showing method
  - Step-by-step teaching.
- The final section looks at communicating with your child’s school.

Aims of the Signposts Programme
- To work with families to:
  - Develop ways of preventing difficult behaviours.
  - Encourage more appropriate behaviour.
  - Teach children new skills.
  - Help to meet any new challenges in the future.
  - To help parents/carers understand their child’s behaviour.
- To enable parents/carers to work out why the behaviour happens.
  - To build on parenting skills by increasing parents/carers confidence, and preparing and practicing how parents/carers respond to their child’s behaviour.
- To help families address behaviours that their children display, that they find difficult to manage.

For more information regarding the Signposts Programme or to discuss is this group is appropriate for you please contact the Learning Disability Child and Adolescent Mental Health Service (LD CAMHS) on:

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