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extraordinary care for extraordinary children



Challenging behaviour

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Thank you to everyone who joined our Family Friday Facebook Live or watched the recording. We hope you found it helpful. Here are some key points from the discussion with Liz:

- Regular communication between families and professionals is key.
- Families are the experts in supporting their young person, but it is important that everyone works together and discusses any difficulties and calming strategies that help.
- These behaviours and strategies may be different in different environments, but consistency of resources and strategies can help to avoid any additional triggers and to enable positive experiences.
- Please feel free to make us aware of any challenges and helpful strategies, or any behaviour plans that are already in place.

Liz can liaise with schools about the challenges your child experiences in the school environment, and the resources and strategies they find helpful to support them; Demelza will try to match or replicate those where possible. Liz is there to ensure that the behaviour support your child receives whilst at Demelza is as tailored and consistent as possible by working together with other professionals involved in your child's care.

Strategies can be adapted to suit your individual child: How do things look for them when they are calm, upset, angry, etc? What do they enjoy? What triggers challenging behaviours? How long do they behave that way? What helps them? What support do they need to recover from these events?

It can be helpful to consider using the same resources in each environment for consistency and to reduce anxiety. Resources such as visual timetables, Now and Next board with visuals, or PECS symbols might be used (and adapted as needed). Please speak to the teams supporting your child to find out if such resources are already being used or if your child might benefit from using them - some examples can be found here:

- www.widgit.com/resources/index.htm
- www.happylearners.info/resources/now-next.html
- www.twinkl.co.uk/resource/t-c-255219-now-and-next-board-and-cards-resource-pack
- www.twinkl.co.uk/resource/twinkl-symbols-daily-schedule-for-home-t-s-1636710706



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Resources:

Here are some online resources - you may find these tips reassure you about what you are already doing, but also may find some new ideas to try:

- **NHS:**
www.nhs.uk/conditions/social-care-and-support-guide/caring-for-children-and-young-people/how-to-deal-with-challenging-behaviour-in-children/
- **The Challenging Behaviour Foundation:**
www.challengingbehaviour.org.uk/information-and-guidance/positive-behaviour-support/getting-behaviour-support/
- **Scope:**
www.scope.org.uk/advice-and-support/managing-challenging-behaviour/
- **Mencap:**
www.mencap.org.uk/learning-disability-explained/conditions-linked-learning-disability/challenging-behaviour
- **Contact:**
www.contact.org.uk/help-for-families/information-advice-services/health-medical-information/common-concerns/behaviour-that-challenges/
- **Family Action:**
www.family-action.org.uk/family-monsters/support/challenging-behaviour/
- **Action for Children:**
www.parents.actionforchildren.org.uk/behaviour/
- **Young Minds:**
www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/challenging-behaviour/
- **Parenting Matters:** www.parentingmatters.co.uk/
- **Online courses for parents including understanding your preterm baby and understanding your child with additional needs:**
www.inourplace.co.uk/ (Kent and Medway residents can use the access code 'Invicta' to access the courses for free)

Local support:

- Speak to your child's school: e.g. class teacher, SENCo, family liaison officer, home school support worker.
- Contact your social worker or early help support worker if you have one – they may be able to refer you to the positive behaviour support team if there is one in your area.
- Contact your GP.
- Contact your health visitor if your child is under five years old or the school nursing team if your child is already at school.
- Contact your local Home Start team for support for your family (please check eligibility): www.home-start.org.uk/find-your-nearest-home-start
- Your local Child and Adolescent Mental Health Service (CAMHS) may also be able to support:
 - Kent and Medway: www.nelft.nhs.uk/nlds/
 - East Sussex: www.sussexcamhs.nhs.uk/our-services/service-finder/learning-disability-family-intensive-support-services
 - South London: www.slam.nhs.uk/camhs-services



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Other services that may be able to support or advise:

(independent from the local authority)

Kent

- **Kent Special Educational Needs and Disabilities information hub:** www.kent.gov.uk/education-and-children/special-educational-needs
- **IASK (Information Advice and Support Kent):** www.iask.org.uk/

Medway

- **Medway Special Educational Needs and Disabilities local offer:** www.medway.gov.uk/localoffer
- **Medway Small Steps** (if on the assessment pathway or post diagnosis of Autism and/or ADHD): www.family-action.org.uk/what-we-do/children-families/medway-small-steps-service/
- **Medway SENDIAS:** www.family-action.org.uk/what-we-do/children-families/send/medway-sendias/

South East London

- **Bexley:**
 - www.bexleylocaloffer.uk/AboutUs
 - www.bexleyiass.co.uk/
- **Bromley:**
 - www.bromley.gov.uk/special-educational-needs
 - www.bromleyiass.org.uk/
- **Croydon:**
 - www.croydon.gov.uk/children-young-people-and-families/special-educational-needs-and-disability-support/SEND-support
 - www.kids.org.uk/sendias/services/croydon-sendias/
- **Greenwich:**
 - www.royalgreenwich.gov.uk/info/200236/children_with_additional_needs/1671/about_the_local_offer
 - www.greenwichsendias.uk/
- **Lambeth:**
 - www.lambeth.gov.uk/lambeths-send-local-offer
 - www.lambethiass.org.uk/
- **Lewisham:**
 - www.lewisham.gov.uk/localoffer
 - www.kids.org.uk/sendias/services/lewisham-sendias/
- **Southwark:**
 - www.localoffer.southwark.gov.uk/education/specialist-services-offered-by-the-council/special-educational-needs-team/
 - www.localoffer.southwark.gov.uk/information-advice-and-support/support-groups-and-services/southwark-information-advice-and-support-team-sias/
- **East Sussex:**
 - www.localoffer.eastsussex.gov.uk/
 - www.localoffer.eastsussex.gov.uk/send-information-and-services