

# Parenting for Positive Behaviour

The Mental Health Support Team (MHST) in Ellesmere Port is pleased to offer this 8 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

**10am -  
12pm**



**Wednesday 8th October**

Session 1 - Learning about your child and their behaviour

**Wednesday 15<sup>th</sup> October**

Session 2 - Strengthening parent/child relationship through attention time

**Wednesday 5<sup>th</sup> November**

Session 3 - Self-esteem and Praise

**Wednesday 12<sup>th</sup> November**

Session 4 - Selective ignoring /withdrawing attention

**Wednesday 19<sup>th</sup> November**

Session 5 - Effective instructions and limit setting

**Wednesday 26<sup>th</sup> November**

Session 6 - Boundaries and Consequences

**Wednesday 3<sup>rd</sup> December**

Session 7 - Time Out/Calm time

**Wednesday 10<sup>th</sup> December**

Session 8 - Ending and trouble shooting

Please note you must book a telephone triage appointment with us before starting the group. These will be held on Tuesday 30<sup>th</sup> September and Wednesday 1<sup>st</sup> October.  
Please email [cwp.cheshiremhstadmin@nhs.net](mailto:cwp.cheshiremhstadmin@nhs.net) to book an appointment