



Parent Child Game at Jigsaw4u

This is a behavioural based parenting programme which involves both the parents and the child. It works by coaching parents on how to interact differently with their children. It is found to be particularly beneficial for 3-10 year olds.

We offer an average of 6 sessions, with some room for further sessions if needed. These will usually take place in school. The sessions are structured so that the child joins the session for around 15 minutes, so this avoids too much disruption to their day. The course is sometimes offered as a group work programme.

The basic principles are:

- Much of a child's difficult behaviour is learned and therefore can also be unlearned
- We can improve children's behaviour by *increasing* their friendly and cooperative behaviour and *decreasing* their unfriendly and uncooperative behaviour.
- Attention, especially from parents is rewarding for children. Rewarding the positive behaviour will make it more likely that this behaviour will happen again.

The first part of the course (the Child's game), aims to increase the child's friendly and cooperative behaviour and strengthen family relationships through play, praise and positive attention. It builds on the skills of attending, praising and ignoring minor misbehaviours.

The second part (the Parent game) helps parents to learn skills to decrease undesirable behaviour by giving clear calm commands and following through with appropriate consequences for misbehaviours. These skills are used alongside skills gained in the Child game.

Sessions (6 on average)

Child's game: 1. Attending (play and interactions), 2. Praise (and rewards), 3. Ignoring (minor misbehaviours)

Parents game: 4. Giving calm clear commands, 5. Consequences, 6. Time out/standing rules

There are home activities to be completed each week.

Referrals are made through CAMHS Single Point of Access (SPA)

For further information contact Sue Gray (Parenting Coordinator) at Jigsaw4u on 020 8687 1384