

METRO WEST TRIPLE P PRACTITIONERS NEWS

Volume 4, Issue1

August, 2017

DEAR PRACTITIONER,

Your Triple P
Practitioner
Support Worker

Nicole
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Check out all
our upcoming
training at:

www.fwtdp.org.au

Welcome to the August 2017 edition of our Triple P Newsletter.

In this edition we will begin to explore challenging behaviours in children—serious behaviour and mental health. It also includes some exciting dates for your diaries.

Our next Triple P Facilitator's Network Meeting will be held Tuesday 12th September, 2017. At this meeting, I would like to get some feedback from you as to what you want to get out of the meetings, and what topics and training you feel is needed in the sector to aid in the delivery of services to your families.

Date: Tuesday, 12th September, 2017

Time: 1:30pm—3:30pm

Location: Peppercorn 'South Windsor Family Centre'
Greenhills Way, South Windsor

RSVP: to Nicole by 5.9.17

Please save the date and enjoy this issue of "Metro West Triple P Practitioner News".



DATES FOR YOUR DIARIES

20th September 2017

FWTDP AGM

Suite 10, 197 Prospect Hwy, Seven Hills

31st October 2017

Strength in Diversity

*Building strong connections with children, families and
communities*

Penrith City Council

15th & 16th May 2018
Parenting Program Conference

Park Royal Parramatta

Challenging behaviours—Serious Behaviours

What are Serious behaviours?

Serious behavioural difficulties and mental health. ... Often such **behaviour** is a reaction to stress or frustration. For some children, **serious behavioural** difficulties develop into a pattern that can include acting impulsively, reacting with aggression, refusing to follow reasonable directions and defying adult authority ¹

These behaviour difficulties interfere with children's social and academic development and can have serious consequences for their mental health.²

What do serious behaviours look like? ³

A child with serious behavioural difficulties may...

- ◇ argue constantly with adults
- ◇ not do as they are told
- ◇ provoke others
- ◇ use physical aggression to get their own way
- ◇ blame others for mistakes.



Parents and carers might notice their child...

- | | |
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| ◇ abuses parents, carers and/or school staff | ◇ teases a younger sibling (but hates being teased) |
| ◇ thinks they're picking on him | ◇ use physical aggression to get their own way |
| ◇ not do as they are told | ◇ pushes, hits, kicks parents and carers when angry |
| ◇ won't help when asked no matter how they try to reason | ◇ punches a child who accidentally bumps into him or her |
| ◇ provokes others | ◇ blame others for mistakes. |
| ◇ makes up rude names to call people and thinks it's funny | ◇ says, "It wasn't me. She started it." |

How to assist children with serious behavioural difficulties

Children with serious behavioural difficulties need lots of assistance to learn more appropriate ways of dealing with social situations and relationships, negotiating ways to have their needs met, and managing their negative reactions. Usually parents and carers will need to fine tune their parenting practices. Schools need to establish specific and individualised strategies to engage students with serious behavioural difficulties. They also need to ensure that their approach to discipline balances support for positive behaviour with consistent, appropriate limit-setting and consistent application of consequences for inappropriate behaviour ⁴

General principles for assisting children with serious behavioural difficulties

- ◇ Build cooperative relationships
- ◇ Be clear, consistent and fair
- ◇ Helping them build positive social skills
- ◇ Help children to understand and manage their emotions ⁴

References

1. https://www.google.com.au/search?q=what+is+serious+behaviours&oq=what+is+serious+behaviours&gs_l=psy-ab.3...1756189.1758681.0.1758994.12.9.0.0.0.0.625.625.5-1.1.0....0...1.1.64.psy-ab..11.0.0._cjf0vvOTRk
2. <https://www.kidsmatter.edu.au/families/resources/mental-health-difficulties/serious-behaviour-problems>
3. http://www.kidsmatter.edu.au/sites/default/files/public/KMP_C4_CBD_WhatDoSeriousBehaviourDifficultiesLookLike.pdf
4. <https://www.kidsmatter.edu.au/families/mental-health-difficulties/serious-behaviour-problems/serious-behaviour-problems-how>

Parenting Program Conference

Targeted Earlier Intervention – what does this mean for parenting initiatives in the future?

The new Targeted Earlier Intervention reforms are bringing change to the way parenting programs are being delivered by practitioners across NSW. This conference is designed to support parent practitioners and is being developed to incorporate sector input – your input would be valued and greatly appreciated.

Please spend a few minutes thinking about what you wish to experience at this conference.

Calls for presentations will be made. Perhaps the work you do with parents would be of interest to other practitioners.....

Save the Date
15th & 16th May 2018