



Parents & Carers As Coaches (PAC) Course

Managing Challenging Behaviour

Does your child or teenager sometimes find it difficult to manage their feelings, concentrate, listen or follow instructions? Have you wondered how best to help them?

The Parents As Coaches course provides very practical solutions to these difficulties, helping parents and carers to understand why some young people find it harder to keep to adult expectations and learn simple yet effective coaching tools to use with their child.

These tools are designed to help parents support their child or teenager with a range of common issues such as:

- Managing emotions
- Managing impulses
- Controlling attention and managing distractions
- Listening
- Organising belongings
- Managing time and completing tasks

Through this course, parents and carers will learn how to help their child develop the skills needed to learn and achieve their very best.

The 6 part course will be delivered by Kit Messenger and Anna Baker and located at The Baird Primary Academy in the Lower Hall.

Dates: 5/10, 12/10, 19/10, 2/11, 9/11 final session 30/11

Session times: 9:00-12:00pm

Suitability: Nursery to Year 6

Refreshments available

To register your place on the course please email fsm@thebairdprimaryacademy.org.uk