

Resources to support Challenging Behaviour

If you're worried about your child's behaviour, there are lots of resources to support you

Behavioural support may be available through your health visitor in the preschool age group or the school's parent support advisor for older children.

Ask if there is a course or resource available locally that you can access.

Behaviour can be affected by...

- Sleep
- Struggling with learning
- Changes at home
- Epilepsy may cause behavioural issues, especially when it is poorly controlled. Some medicines can also contribute, speak to your doctor or specialist nurse if you think this could be contributing.
- Some children have another neurodevelopmental condition such as autism or attention deficit hyperactivity disorder (ADHD) which could be impacting on their behaviour.

It is important to speak to your child's school or nursery to ask what their behaviour is like there and if they have found any strategies that might be helpful for you at home.

Resources for Everyone

- Information from epilepsy action on how epilepsy can effect behaviour

<https://www.epilepsy.org.uk/info/education/learning-and-behaviour>

- **Family Lives:** Useful information on how to manage challenging behaviour. The charity also have a confidential helpline for parents

Tel: 0808 800 2222

<https://www.familylives.org.uk/advice/primary/behaviour/challenging-behaviour/>

- **The National Autistic Society:** Useful tips on managing challenging behaviour even if your child does not have a diagnosis of autism.

<https://www.autism.org.uk/about/behaviour.aspx>

- **The Challenging Behaviour Foundation:** Useful information sheets on understanding challenging behaviour and how to implement a positive behaviour support plan.

<https://www.challengingbehaviour.org.uk/information/all-our-resources.html>

- **Mindfulness for parents** - <http://www.connectingwithmindfulness.co.uk/>

- **Online courses:** The University of Bath are currently running online courses for parents/teachers to learn more about how to support children with Autism or attention deficit hyperactivity disorder (ADHD). Check website for next enrolment dates.

<https://www.futurelearn.com/courses/autism-education>

Resources for BANES

- **Information on services available to all families via BANES council**

<https://beta.bathnes.gov.uk/childrens-centre-services>

- **BANES family information online:** Facebook group with information on local events

<https://www.facebook.com/BathnesFIS/>

- **Information for families who have children with additional needs.**

<https://www.rainbowresource.org.uk/>

Resources for Wiltshire

- **Local Parenting Courses**

<https://www.wiltshirehealthyschools.org/core-themes/whole-school-approach/working-with-parents/parenting-programmes/>

- **Wiltshire Parenting Information and Safer Parenting Booklet**

<http://www.wiltshire.gov.uk/children-young-people-parenting-support>

Resources for Somerset

- **Parenting programmes in Somerset**

<https://choices.somerset.gov.uk/025/health/parenting/parenting-programmes-in-somerset/>

- **Parent and carer toolkit:** useful advice to support parents with a variety of issues, including challenging behaviour

https://www.cypsomersethealth.org/parent_and_carer_toolkit

- **Bridging the Gap:** Independent company who provide a wide range of workshops for parents/carers of children with complex needs.

<https://bridgingthegaptogether.org.uk/>

- **Independent company formed by local parent/carers:** The group work alongside Somerset county council. Their aim is to improve the lives of children with complex needs and challenging behaviour in Somerset

<https://somersetparentcareforum.org.uk/>

Resources for Bristol

- **Parenting courses**

<https://www.bristol.gov.uk/social-care-health/parenting-courses-currently-running-in-bristol>

- **Local childrens centres**

<https://www.bristol.gov.uk/schools-learning-early-years/childrens-centre>

- **Support available for families who have a child with autism**

<https://www.bristol.gov.uk/web/bristol-local-offer/support-for-parents-of-children-with-autism>

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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email ruh-tr.pals@nhs.net or telephone 01225 825656 / 826319