**Skills for People Positive Behaviour Support Workshops for Family Carers**

**Who are the workshops for?**

* Family carers with a child under 18 who is autistic and/or has a learning disability. We understand that sometimes people are waiting for diagnoses, so we don’t insist that children have a formal diagnosis for their parents to attend.
* For families to get the most benefit from the sessions they’ll need to be open to making some changes in how they support their child. When families are in crisis or have lots going on and are feeling under pressure this can be very difficult to do. We don’t want the workshops to put additional demands on families who are already feeling over-stretched. The workshops are most successful when families feel they have the time and energy to make some changes.

**What are the workshops about?**

* In the workshops we learn about what challenging behaviour is and that every behaviour happens for a reason. We support the family carers to look at their child’s behaviour in a different way to help them identify that reason.
* Once we know the reason behind a behaviour, we encourage the family carer to think about strategies they could use to support their child and potentially reduce the likelihood that their child will use behaviours of concern.
* We also help families to begin to draw up a PBS plan for their child which they can share with other family members, school etc to make it easier for everyone to support their child in a consistent way.
* Family carers can listen to and share experiences with other parents who are in a similar position, to realise they are not alone and to support each other. They have the opportunity to listen to real-life examples of how using PBS has worked well for families.
* As all young people and families are different, we do not provide families with a list of strategies to use. Rather we support families to develop their skills in identifying what strategies will best meet the needs of their child.
* It’s important to recognise the expert knowledge that family carers have about their child. We want to build parents’ confidence in understanding their child’s behaviour and coming up with strategies to support them.

**How can people book a place on the workshops?**

* Places are booked through Skills for People and family carers can contact us directly or we are happy to take bookings from professionals.
* We need some basic information about the family carer and their child including contact details. It’s also important for us to know about any additional support the family carer may need for the workshops.
* All families will be contacted before the sessions begin to complete a short questionnaire as part of our evaluation process.

Please see the flyer for more details about specific sessions.