

BEHAVIOUR SUPPORT PROGRAMME

SUPPORTING FAMILIES WITH CHILDREN AGED 5+

HOME
START
Essex

NEW!



How Can We Help?

Our specialist Behaviour Support Team works with parents/carers to support them with understanding their children's behaviour and improving family relationships.

How this can benefit families?

- Builds confidence and understanding in parenting
- Supports emotional wellbeing
- Strengthens home-school partnerships
- Easy to access – online sessions over 5 weeks

Feedback from Parents:

“This has been the best and most informative course I have taken”

“Very relevant and supportive.”

“That was just amazing, we already feel less alone.”



More Info Here

SCAN ME

Home-Start Essex offers a 5-week online behaviour support course designed for parents and carers to develop practical strategies to support emotional and sensory needs. There is a different topic each week, based upon issues most commonly raised by families. Topics covered include:-

- **Week 1:** Behaviour as communication, connection, and parenting styles
- **Week 2:** Emotional regulation and calming strategies
- **Week 3:** Sensory processing and behaviour responses
- **Week 4:** Daily routines, sleep, SEN support, EHCPs, and more
- **Week 5:** Parent wellbeing, self-care, and overcoming judgement

Delivered by a qualified behaviour specialist with professional and lived experience. This is a fee based course, details will be provided upon enquiring.



To find out more about the course content and availability

CONTACT US

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