



# Positive Parenting

Support with managing your child's behaviour

**Parenting is not easy and when your child's behaviour is having a negative effect on the family environment it can seem like the hardest job in world.**

Perhaps you think that your child's behaviour may be due to a neurodevelopmental or behavioural disorder such as Autism or ADHD. Whatever problems you are facing with your child, Peterborough is here to help and support you with managing behaviour in your children.

We work with a range of services and organisations across the city who are can assist with our Early Help approach. Whether you need more specialist assessments or to simply understand your child's actions and behaviours inside and outside the home, we are here to help.

## The Early Help Assessment

In order to make referrals to more specialist services easier, the Early Help Assessment (EHA) can advise families how to access support whilst waiting for the appropriate specialist intervention.

In many cases a specialist paediatric assessment is not needed as having a medical diagnosis for behaviour problems is only found in a small number of children. The EHA not only helps families to access support to manage difficulties but also helps professionals to identify the children who would most benefit from a specialist assessment.

A trained professional from a number of different organisations

can go through and complete an EHA with you.

It is a holistic assessment which is inclusive and values the input of all family members - we want to get a rounded picture of issues affecting yourself, the family unit and most importantly your child.

All of our teams are compassionate and understanding, you will be made to feel comfortable and not be judged during their visit.

After an EHA has been completed it will be reviewed at either an Early Support Pathway Panel, Behaviour Panel or Multi-Agency Support group. Here the different teams will look at your individual situation and decide what additional support can be offered.

You will be kept informed of all decisions made about your assessment throughout the process.

## Evidence Based Parenting Programmes

Research has shown that a lot of time, money, and unnecessary waiting on behalf of the family has been spent waiting for an ADHD assessment for children who are not diagnosed with the disorder.

Often a clinical diagnosis is not always the answer and learning how to manage your child's behaviour though one of our parenting programmes can prevent a lot of unnecessary stress on parents and the family.

Parenting programmes are a support mechanism for families before any further assessments might be needed.

Attending a parenting course or behaviour support group is not a sign that you are a bad parent. You may find just learning some valuable tips and tricks to use in the home can make a world of difference.

To find out more about parenting courses and Early Help in your area contact your GP or School Setting who can direct you to the Early Help Team.

**You can contact the team directly on [earlyhelp@peterborough.gov.uk](mailto:earlyhelp@peterborough.gov.uk)**