

Signposts
for building better behaviour

SIGNPOSTS FOR BUILDING BETTER BEHAVIOUR

FOR PARENTS OF PRIMARY SCHOOL
GOING CHILDREN ONLY

Signposts is an evidence-based and research-backed parenting and family support strategy that equips parents with skills to help them understand, prevent and manage their child's difficult behaviour through the development of a personalised programme that suits the unique needs of their child. Parents are also taught to develop strategies to prevent and manage difficult behaviour. It consists of 5 weekly **group sessions** x 2.5-hours/session.

MODULE TOPICS:

1. Measuring your child's behaviour
2. Systematic use of daily interactions
3. Replacing difficult behaviour with useful behaviour
4. Planning for better behaviour
5. Developing more skills in your child



This is a fully funded programme by the **Ministry of Social and Development (MSF)**, delivered to residents and schools in **Toa Payoh** and **Jalan Besar** by TOUCH as the region's appointed **Parenting Support Provider (PSP)**. For enquiry, please e-mail to parenting@touch.org.sg.

