

# SIGNPOSTS

## FOR MANAGING DIFFICULT BEHAVIOUR

FOR PARENTS  
WITH CHILDREN  
AGED 3-15 ONLY

FREE

**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 suited to the unique needs of their child.

Parents are also taught to develop strategies to prevent and manage difficult behaviour over **5** consecutive weekly sessions in a face to face group setting.

### SESSION TOPICS:

**SESSION 1 - MEASURING YOUR CHILD'S BEHAVIOUR**

**SESSION 2 - SYSTEMATIC USE OF DAILY INTERACTIONS**

**SESSION 3 - REPLACING DIFFICULT BEHAVIOUR WITH USEFUL BEHAVIOUR**

**SESSION 4 - PLANNING FOR BETTER BEHAVIOUR**

**SESSION 5 - DEVELOPING MORE SKILLS IN YOUR CHILD**



### DURATION:

- 5 CONSECUTIVE WEEKLY SESSIONS
- 2.5 HOURS PER SESSION
- FACE TO FACE

#### **Have Any Questions?**

Email us at [parenting@touch.org.sg](mailto:parenting@touch.org.sg)

Or WhatsApp [+65 67098423](tel:+6567098423)

Organised by:



In support of:



Supported by:

