

Bower Grove Support

***Support for the Wider Community 1992 - 2017
For Families of Children with Special Needs***



Bower Grove School Fant Lane Maidstone Kent ME16 8NL

AUTUMN 2017 NEWSLETTER



HI! We look forward to seeing you this term at our meetings and workshops. If you are a new parent or carer please join us and feel free to bring your family and friends with you.

Last term we covered a wide selection of subjects including Autism and Anxiety talk, Behaviour Management, and Xbox-to-Exercise. It's great to see large numbers of people attend key talks and workshops and we hope to see many of you this term.



Meetings are free and open to any other school and there is no need to book.

Josephine Cousins

Please see programme below:

AUTUMN 2017 PROGRAMME - OPEN TO ALL SCHOOLS

<p>Friday 29th September 10.15am – 11.40am</p>	<p><u>RADICALISM AND ONLINE SAFETY</u></p> <p>Matt Evans, Bower Grove School, joins us to discuss: Being aware of the risks of online radicalisation, grooming and bullying online at home.</p> <p>How can parents be informed?</p>
<p>Friday 17th November 10.15am – 11.40am</p>	<p><u>ADHD WORKSHOP</u></p> <p>Pam Stephens STLS, Bower Grove School, joins us for a talk about ADHD: Attention Deficit Hyperactive Disorder and Strategies that may help.</p>

BEHAVIOUR MANAGEMENT

A PARENTS' SURVIVAL GUIDE



Mrs Pam Stephens STLS, Bower Grove School, joined us last term to speak about Behaviour Management – A Parents' Survival Guide. She described being a parent as one of the toughest jobs in the world, with little opportunity for formal training, no pay, huge restraints on freedom and a drain on money and emotional resources! However, it's a job that can be hugely rewarding as well.

Pam shared with us some ideas from people who have been through the parent trap and some information from researchers and professional people.

Pam highlighted that many children have disabilities or conditions that cannot be changed. As parents, we need to accept what can't be changed but at the same time give our children strategies to cope in our society. There was a special mention for children with Autistic Spectrum Disorders – where children benefit from clear language, routines and recipes to reduce their anxiety levels.

Pam outlined how we can use Behavioural Methods to manage behaviour in the early years, being consistent in our responses and only giving the reward of our attention for appropriate behaviours (just like "Super Nanny"). Later, children can understand a more "Cognitive" form of management, reasoning about their actions and planning ways to avoid stress. At this stage children can use the ABCD of behaviour management: -

A = Antecedent (what happened just before...)

B = Behaviour (What did you do....)

C = Consequence (Then what happened?)

D = Discussion (OK, so how could we have done it differently?)

Help children to be responsible for their own behaviour. Avoid "Naughty Table Syndrome" – it's no good smacking a table if your child bumps their head on it! Give the cuddles but the message must be "You should have looked where you were going!" Pam talked about rewards and sanctions and pleaded with us never to threaten "Father Christmas won't come" when we all know he will!

(Far better to say he works on a points system – giving more for good behaviour)

Pam touched on many of the common "battlefields" such as bedtimes, dinner times and peer group pressure. She gave us some ideas for anger management, building self-esteem and using reward charts and contracts. Through it all she encouraged us to take charge and use:

Mum and Dad Power!

- ❖ **You love your children – let them know it.**
- ❖ **Hang on to parent power – you are boss!**
- ❖ **Be clear, consistent, and positive.**
- ❖ **It's a job for life! (And it's a great one!)**

IMPORTANT MESSAGE FOR PARENTS

RESEARCH INTO CHILD BEHAVIOUR AND PARENTING STRATEGIES

Liz O’Nions, post-doctoral researcher, who has provided talks for our parent support group in the past has asked if I could pass on the following information to parents.

Please see her message below:

We are looking for parents/carers of children aged 6 – 16 who live in the UK/Europe to take part in research looking at social aptitudes and child behaviour problems.

Taking part would involve you completing some questionnaires about your perspectives on your child’s behaviour, and the strategies and approaches that you use to manage it.

The questionnaires measure things like your child’s social skills, anxiety, difficulties with peers, and non-compliant or demand avoidant behaviour. We have also included questionnaires looking at what strategies you use to manage behaviour and how you interact with your child, as well as your feelings about how you handle difficult behaviour.

TO FIND OUT MORE, PLEASE VISIT LIZ’S GOOGLE SITE PAGE:

<https://sites.google.com/site/lizonions/take-part>

FACEBOOK AND TWITTER ADVERT THAT CAN BE SHARED:

<https://www.facebook.com/liz.onions.9/posts/10101293606076880>

<https://twitter.com/ONionsLiz/status/884507825950650369>

WORKSHOPS THIS TERM

All meetings 10.15am for 10.30am – 11.40am

All are welcome to join us for our workshops and meetings and there is no need to book. All meetings are held at Bower Grove Parent Support, Bower Grove School, Fant Lane, Maidstone Kent ME16 8NL

Please take a look at our web page on the school website:

www.bower-grove.kent.sch.uk and select **Parent Support**. You will find links, information and previous newsletters with synopsis of meetings and workshops held.

Please see programme below:

MEETINGS AND WORKSHOPS AUTUMN 2017

Radicalism & Online Safety

Friday 29th September 10.15am – 11.40am

Matt Evans, Bower Grove School, joins us to discuss:

Being aware of the risks of online radicalisation, grooming and bullying on line at home and how parents can be informed.

ADHD WORKSHOP

Friday 17th November 10.15am – 11.40am

Pam Stephens STLS, Bower Grove School, joins us for a talk about ADHD Attention Deficit Hyperactive Disorder and Strategies that may help.

Best wishes

Josephine Cousins

CONTACT: Josephine Cousins Tel: 01622 726773 (during school hours)

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