



The Grove Primary School

Supporting Parents/Carers with Challenging Behaviour at Home

At The Grove we recognise that, whilst parenting is an incredible rewarding and joyful experience, it can also be challenging at times. It can feel like you are on a rollercoaster with lots of ups and downs and this can be particularly tricky when your child is behaving in ways that are difficult to manage and understand.

We often have parents/carers seeking support and advice about managing this behaviour at home and this is often even more challenging when these are not the behaviours displayed in school.

We have put together some useful information to help support you and enable you to manage this behaviour and, hopefully, move towards a more harmonious home.

The most important piece of advice is that you are absolutely not alone!!

We hope that you find the following helpful:

Useful Websites

[Young Minds – Challenging Behaviour Parents Guide](#)

This website is really useful and provides information and strategies for parents of primary aged children. Some suggestions may also feel appropriate for older children and young people.

[Action for Children – Behaviour Support for Parents/Carers](#)

This site has extensive information for parents/carers about dealing with a wide variety of behaviour problems. It provides advice on setting clear boundaries with your child/ren, using rules and rewards and coping with challenging behaviour.

[Family Lives](#)

A website dedicated to providing support for parents/carers dealing with challenging behaviour from their child/ren at home. There is a real emphasis about reaching out for help and not feeling like you are on your own.

[Child Mind Institute – Managing Child Problems](#)

A guide to more confident, consistent and effective parenting.

[Barnardos – Understanding and Responding to Behaviour 4-8 year olds](#)

[Barnardos – Routines and Behaviour 9-12 year olds](#)

A great site where Barnardos signpost you to evidence-based positive parenting resources that are designed to help you understand your child's behaviour better and to work out how best to respond.

[NHS – Dealing With Child Behaviour Problems](#)

Advice, links to useful support and videos.

Online Course

[Family Lives](#) offers a free online parenting course (aimed at parents/carers with children of primary age and under) where you can work through six interactive blocks filled with helpful techniques and ideas that will help you become a more confident and happy parent:

Modules on the course:

- Promoting wellbeing
- The power of communicating and being positive
- Understanding behaviour
- Managing and promoting positive behaviour in the family
- Play and what do children need
- Setting limits, boundaries and promoting co-operation

Videos

[Connect 4 Health – Behaviour, Rules and Boundaries](#)

A clear and helpful presentation to help parents/carers manage behaviours at home (16 minutes long).

[Understanding and Responding to Children's Behaviours](#)

This focuses on children in the early years and helps you understand behaviours and how to respond to them.