

Community Paediatrics Team

ADVICE TO PARENTS ABOUT LOCAL OFFERS FOR

1. Behaviour difficulties (Anger, aggression, meltdowns, tantrums, defiance etc)
2. Sleep difficulties
3. Emotional difficulties (poor regulation, low moods, anxiety, mood swings , low self-esteem etc)

Agency		Contact Details
Wellbeing Enterprises	<ul style="list-style-type: none"> • Inspire Programme • Online webinars • Free wellbeing courses and learn new skills, meet new people and have lots of fun! • personalized 1-to-1 support and/or group interventions to improve your wellbeing 	Bridgewater House, Old Coach Rd, Runcorn WA7 1QT Telephone: 01928 589 799 Fax: 01928 551 922 Email: info@wellbeingenterprises.org.uk
Nightstop	<ul style="list-style-type: none"> • Anger management and emotional counselling • Typically the project works with young people age 16-25 who have been made homeless. • Mental Health Support services, Counselling, Anger Management, • Mediation and Property pathway support. 	9 Albert Road, Widnes. WA8 6JW Website: http://www.ncnw.co.uk/ Telephone: 0151 345 6454 Email 1: reception@ncnw.co.uk Email 2: info@nightstopcommunitites.co.uk
ADDvanced Solutions	<ul style="list-style-type: none"> • Telephone and email support • online learning workshops, groups and programmes for parents/carers • Online Sensory Processing Difficulties and Eating Difficulties Learning Workshops and Support • Online Autism and Anxiety workshops • Online Sleep difficulties workshops 	https://www.addvancedsolutions.co.uk/contact/urgent-support.html Telephone: 0151 486 1788 Email: info@addvancedsolutions.co.uk Office Hours: Monday - Friday 9.00am - 5.00pm
Health Improvement Team Halton	<ul style="list-style-type: none"> • Infant Feeding and Breastfeeding Support • Stop Smoking Services • Fresh Start Weight Management • Emotional Wellbeing • Information for Parents & Carers 	Runcorn Town Hall, Runcorn, WA7 5TD https://www4.halton.gov.uk/Pages/health/hit/improvehealth.aspx Telephone: 0300 029 0029 Email: HIT@halton.gov.uk Mon-Fri, 9am – 5pm.
CHAT 0-19	<ul style="list-style-type: none"> • Award-winning text support service for parents, carers and teens. • Anonymously get in touch with a your Health Visitor and School Nurse 	https://bridgewater.nhs.uk/latest-news/text-support-service-launches-for-boroughs-parents-carers-and-teens/
Cheshire Autism Practical Support (CHAPS)	<ul style="list-style-type: none"> • Regular EVENTS including Conferences, Workshops, Training and Exhibitions by in the North West • Regular weekly, fortnightly and monthly sessions like Kidz Clubs, Youth Clubs, Anti Gravity Yoga, Trampolining, Horse Riding, Swimming, Multi Sports, Circus Skills, Animal Therapy, Gym with Games, Gardening, Play Barn, Ice Skating. 	https://www.cheshireautism.org.uk/ Telephone: 0344 850 8607 Email: info@cheshireautism.org.uk FREE for our Members and membership subs are £10 a month minimum donation per family

ONLINE RESOURCES

Examples of online resource materials for non-Pharmacological Parent-based Behavioural interventions

Behaviour Programme	Age Range	Website
Positive parenting program (triple P)	Birth 0–12 years; teen triple P: 12–16 years	www.triplep.net
Parent child interaction therapy (PCIT)	2 –8 years	www.pcit.org
Incredible Years	Parent based: 0–12 years; teacher based: 3–8 years	www.incredibleyears.com
Kazdin method (Parent Management Training – PMT)	6 –12 years	www.alankazdin.com / https://www.parentmanagementtraininginstitute.com/
New Forest parenting programme	3 –13 years	www.guidebook.eif.org.uk
Defiant Teens	13 – 18 years	https://www.guilford.com/books/Your-Defiant-Teen/Barkley-Robin/9781462511662
Problem-solving skills training (PSST)	6 – 14 yeras	https://www.parentmanagementtraininginstitute.com/treatment-programs1.html
Behavioural and Emotional Skills Training (BEST)	All Ages	https://childmind.org/center/behavioral-and-emotional-skills-training/
Tuning in to Kids	4 – 6 years	https://tuningintokids.org.au/
Family Check-up for Children	2 – 17 years	https://guidebook.eif.org.uk/programme/family-check-up-for-children
Common Sense Parenting	6 – 16 years	https://youth.gov/content/common-sense-parenting
Centres for Disease Control and Prevention (CDC) Information for Parents	All Ages	https://www.cdc.gov/ncbddd/adhd/behavior-therapy.html
National Institute for Health and Care Excellence (NICE)	Psychosocial interventions for antisocial behaviours	www.nice.org.uk/guidance/cg158
HelpGuide Parenting tips	All ages	https://www.helpguide.org/articles/add-adhd/when-your-child-has-attention-deficit-disorder-adhd.htm