



## Behaviour Support

### WHAT DOES BEHAVIOUR SUPPORT INVOLVE?

Behaviour support aims to assist an individual to reduce challenging, dangerous or potentially harmful behaviour presented by **building positive replacement behaviour**. It is achieved through:

- **Assessment** and analysis to understand behaviour
- **Information** about the behaviour presented for parents, carers and/or family
- **Behaviour Support Plan** (or Behaviour Intervention Plan) with strategies for skill development, prevention and incident response
- **Assistance** with transitions or changes to lifestyle



### WHY MIGHT A PERSON REQUIRE BEHAVIOUR INTERVENTION?

Behaviour intervention aims to **identify the cause of the problematic behaviour and to address this through appropriate strategies**. This may be required if a child is:

- Disruptive in the classroom, home or community environment
- Showing aggression towards their peers, teachers or family members
- Acting unresponsive, withdrawn or anxious

### HOW DOES BEHAVIOUR SUPPORT WORK?

Positive Behaviour Support is an evidence-based approach. Depending on the behaviour presented, **intervention** may be needed to assist a child to:

- Improve communication skills and self-confidence
- Build relationships and understand expectations
- Be able to problem-solve and to cope with stress
- Learn self-control
- Respond to environment/surroundings.



## SUPPORT FOR PARENTS: BUILDING POSITIVE BEHAVIOUR

### Establishing positive parent practices

- Develop clear goals, encourage motivation and positive interactions with your child
- Set boundaries and limits, such as for bedtime
- Create structure by building routines



### Groups for parents & carers

The Junction Works' Therapists can run workshops for parents, carers and families who require specific information around behaviour support, such as:

- Attention Deficit and Hyperactivity Disorder (ADHD)
- Mental health and disorders such as anxiety and depression
- Communicating with children with a disability; 'tuning into kids'
- Building social skills
- Parenting skills to encourage positive behaviour

Or any other areas of need.



### Need more information?

We're here for you! If you would like to speak with an experienced Psychologist at The Junction Works, please contact us today: Call (02) 8777 0500 or email [referrals@thejunctionworks.org](mailto:referrals@thejunctionworks.org)

