

Challenging Behaviour

Worried about your child's behaviour - where to find help and support?

Behaviour is a way of communicating, so it is really important to work out what your child is trying to tell you through their actions. This can help you find ways to prevent them becoming upset, as well as help them learn how to say or show what they need. Challenging behaviour is not a learning disability, but people with a disability, or additional needs are more likely to show behaviour that is challenging because it is their way of saying that they are unhappy, especially if they have no other way to show it. This can become an upsetting experience for the child, parents and carers, siblings, family member and friends so it is important to take time to think about what the issue from that situation could be.

How do I know if my child has challenging behaviour?

We will always have worries about our children, but it is important to take a moment to think about what behaviours are concerning you, how long they have been happening, how often, and if this is fairly normal for the circumstances? If your child is behaving in a way that is making family life difficult, or causing problems at school, or issues getting on with their friends, or their anxiety is also affecting their sleep, concentration, eating, toileting? If you recognise this then it may be time to get them some extra help.

Who can help?

Don't be afraid or embarrassed to ask for help with your child's behaviour. You can speak to any professional involved in your child's care – like your GP, health visitor or children's centre or school staff. If your child needs extra help, they can refer them to experts, and request a Social Care Needs Assessment for your child and your family. You may be able to get some respite care so you can have a break and to support your other children too. It can be exhausting and isolating when your child has challenging behaviour. There are real reasons for your child's behaviour and there is a lot of support out there to help you, from other organisations and from parents and carers who understand.

Contact provide direct advice and support services to parent carers. Free Helpline is open Monday to Friday between 9.30am and 5.00pm: 0808 808 3555 <https://contact.org.uk/advice-and-support/our-helpline/>

National Autistic Society <https://www.autism.org.uk/about/behaviour/challenging-behaviour.aspx> Parent to Parent line on 0808 800 4106

Challenging Behaviour Foundation <http://www.challengingbehaviour.org.uk/> Support for families of those with severe learning disabilities Family support line: 0300 666 0126

SCOPE <https://www.scope.org.uk/advice-and-support/managing-challenging-behaviour/>

Where to find out more on website:

www.pinpoint-cambs.org.uk and look under Useful Information