



Child Behavior Coach 3-Day Training Details





Why choose The Child Behavior Direct Training Program?

The way that we parent is the most influential factor on a child's mental health, wellbeing and success in life, yet surprisingly vital information regarding good parenting skills is not widely known. This means that parents are often left struggling with their child's behavior and their wellbeing suffers. This program was developed to give parents the skills and information they need to find the root cause of behavior problems, to end the struggles and help their children lead a happy, positive life. This coach training enables you to work directly with parents of 0-18 years in your workplace following the Parent's Guide to Children's Behavior evidence based quality assured program.

You can be assured that this program has been proven to make a positive difference to families as it has been awarded the CANparent quality mark. This mark is the UK's only quality standard for parenting programs.

100% of parents completing the program say they would recommend it to others.

"An excellent program that guides your own positive nature to fuel your families' development. The skills will last a life time" Liz from Lichfield

"This course has helped me to put things into perspective, understand and step back and think about feelings emotions and reactions. The course has helped me to feel like I am now in a better place." Sue from Rugeley

"I LOVE all the information that I have received from you! It really works."

"This program really helped me with my fatherhood thinking thanks so much." Dave from Cannock

"Since taking the program, my partner and I have been able to work together as a whole unit to make everything easier when dealing with everyday problems that may occur. We are deeply grateful and appreciative what this program has taught us."

"I just wanted to say a big thank you to all you have done to help me and my boys. I see a big difference in all of them and especially in myself." Jayne from USA

"I have both thoroughly enjoyed the course and learned realistic and achievable parenting skills." Sue from Stone

"I have currently been through some very difficult domestic issues and found Ruth to be patient and mindful during our time together." Tony from Stafford



Child Behavior Coach

3-Day Training

Becoming a Child Behaviour (CB) Coach gives you the ability to offer certified guidance to parents in your work place. Improve a child's cognitive behaviour and unlock their full potential for a happy and fulfilling life.

Aim of the program:

To help parents to find the root cause of children's negative behaviors and to sustain positive behavior changes in their child.

Objectives:

- 1. To help parents obtain the skills and knowledge needed to effectively find the root cause of their child's behavior.*
- 2. To increase parents' knowledge and approach to applying new, positive parenting concepts and techniques.*
- 3. To increase parents' understanding of the techniques required to sustain positive behavioral changes in their child.*

Outcomes:

At the end of the Child Behavior Direct program:

1. Children will make and sustain long-term positive improvements in their behavior.
2. Overall stress and emotional well-being will improve throughout the family.
3. Children's' confidence and self-esteem levels will improve.
4. Parents will be able to recognize issues and use the positive parenting strategies effectively.
5. Parents will make and sustain long-term positive improvements in their parenting skills.
6. Parent's Emotional Wellbeing will improve.



Parent's Guide to Children's Behavior Four-Part Positive Parenting Program Details

Programme details:	
<p>Part 1</p> <p>How you influence your children's behavior</p>	<p>Looking at influences on behavior. This includes parenting styles and the 3-step formula that shows the root cause of unwanted behaviour so that parents are targeting the problem and not the symptoms. This will enable parents to make long lasting improvements in their children's behavior and well-being.</p>
<p>Part 2</p> <p>How to nurture your child's true nature</p>	<p>Showing parents how to bring out a child's true good nature to help them avoid unwanted behavior and encourage the good behaviors that they desire.</p>
<p>Part 3</p> <p>How to handle unwanted behavior</p>	<p>Looking at positive parenting techniques that will effectively address the different types of unwanted behaviour. We will help parents to make an age and stage appropriate plan of action to manage the behaviors they would like to improve.</p>
<p>Part 4</p> <p>Living happily ever after</p>	<p>To enable families to continue to maintain the progress that they have made throughout the program, we will look at how to live happily ever after as a family. This includes essential good communication skills, working as an effective team and understanding how the brain drives behavior.</p>

Three Day Training Details

Day 1

How Parents Influence Children's Behavior

- Parenting Styles.
- Long and short-term influences on behavior.
- The 3-step formula to find the root cause of children's behavior.
- How stress effects behavior and why it is vital to manage this.

How to Nurture a Child's True Nature

- Strategies that are proven to bring out a child's true good nature.
- Raising a child's self-esteem and why this is vital to improve behavior.
- Using reward and praise for good behaviour in the most effective way.
- Teaching children new skills.
- Emotional literacy and why it is key.
- Teaching children self-awareness and to understand their emotions.

Day 2

How to Nurture a Child's True Nature continued.

Handling Unwanted Behavior

- Understanding the different types of behavior and how to manage them effectively.
- Setting boundaries.
- Positive consequences.
- How to ask for what you want.
- Planning for each family.

Day 3

Living Happily Ever After

- Balancing family life.
- Good communication and why it is vital.
- Team work.
- Subconscious and conscious mind and how it drives behavior.



- Maintaining progress.
- Evaluating the programme and how to complete these for certification.

And loads more!

Parenting Support You Can Offer

As a CB Coach, you can choose the most suitable length of support depending on the parents needs and preferences. Each week, parents will receive one hour of 1:1 support in their home or suitable venue along with the program manuals and tip sheets. As a CB coach, you will help parents put these ideas into practice.

As a guideline, here are things to consider when choosing the length of support that you use.

6-week support: Ideal for parents who:

- May prefer a shorter intervention.
- Cannot or would prefer not to attend group sessions.
- Are likely to be able to complete the program within six weeks.
- Would have universal parenting concerns.

8-week support: Ideal for parents:

- Who need more time to work through the program.
- Whose children have additional needs that would benefit from more individualised parenting support.
- Who would benefit from additional parenting coaching.

12-week support: is ideal for parents who:

- Have children with persistent and recurring, long- term behaviour problems
- Personally, have additional needs
- Have more than one child with behavior difficulties
- Would like more individualized parenting support

6-week group parenting class

Group classes are suitable for up to 10 parents and offered in two age groups of 0-10 and 11-18 years old. Each parent will receive six weekly two-hour group sessions along with a 1:1 initial and end of programme evaluation meeting.

Further ongoing support is available should anybody need this!



What professionals say about the training:

"Really Positive – Excited to start working 'positively' with parent." Jane Elliker – Deputy Head, Rocklands Special School.

"A fantastic short course. I found the conversations associated with the booklet invaluable Ruth delivered the course very well and the personal stories made it very interesting. Thank you, Ruth." Pam A - Community Lead, Oasis Academy Birmingham.

" Although there was a disturbance during day 2 I feel Ruth still managed to complete the course to an exceptional standard." Stefan G – Community Lead, St Georges Primary School.

" 3 Days well spent, Ruth was knowledgeable and informative. She allowed the group to learn through shared experiences. The course is clear and easy to use. Although structured, there is room for flexibility. Ruth was sensitive to the needs of the group and brought out the best in all members." Gemma Cooney – Family Support Lead, City of Birmingham Pupil Referral Unit.

"Ruth delivered the course to an exceptional standard. It was very informative and the material was well presented." Richard P – Family Support Worker, Albert Bradbeer Primary

100% of professionals say they would recommend the course to others after completing the training.



Pre-Training Knowledge Requirements:

- **Experience of working with children and or families.**
- **Qualified in a relevant subject to level 3.**

Child Behavior Direct will issue a Coaching Certificate of Training only if the course is fully completed.

Please note:

To complete this training and to become a fully Certified CB Coach, you will need send a set of parent evaluations directly to your trainer. You will be shown how to do this in part of the training.

Training packs included:

As a CB coach, you will be given access to the online coach membership area where you can download:

- Parent group class lesson plans.
- PowerPoint for parent group classes.
- Downloadable parenting evaluation packs.
- CB Coach manual.
- Free downloadable behavior tip sheets (such as ADHD and Meal times).
- Group session activities.
- Parent's certificate of attendance.

The accompanying parenting manuals required for parents taking the program are available to purchase directly from Child Behaviour Direct.

Costs:

Whole group training: \$2.600 at your venue, for up to 12 participants plus expenses.

Individual Training: \$310.00

18 hours CEU:

As a National Association of Social Workers Washington approved program, on completion of your 3-day training you will have gained 18 hours Continual Educational units (CEU).

PLEASE NOTE: Training includes all training material and training packs as above.

Who's the training for?



The training is suitable for all those working with children and families including:

- Child Care Staff
- Child & Youth Care Workers
- Residential Counselors
- Home-based Workers
- Educational Staff
- Health Professionals
- Social Workers
- Psychologists
- Children and family's workforce

Once you have become a CB Coach you can progress onto becoming a CB Trainer that enables you to cascade CB Coach training to your workforce.

Further training is also available, details on request. We can create any training package that suits your needs!

Please contact Lloyd Bullard who will be happy to help give you more information and to help you book your training:

Lloyd Bullard, M.Ed. 412-407-LBIC (5242) lbiconsulting@gmail.com

