



Durham Behaviour Management Services

Fall 2021 parent workshops

All workshops will be online using Microsoft Teams. To register for workshops please email behaviourmanagement@durham.ca or call 905-668-4113 ext. 2829.

Understanding Your Child's Behaviour

Wednesday September 22, 2021

6:30 to 9:00 p.m.

Presented by Samantha Francis and Yasmin Safir

In this workshop you will learn what things influence behaviour, the impact of prevention strategies to decrease challenging behaviours, and when behaviours require intervention.

The session will be run using Microsoft Teams. Participants will be sent the link for the session via email along with handouts.

Zero to Sixty

Strategies to prevent and respond to challenging behaviour
from preschool through preteen years.

Wednesday's October 13, 20, 27, 2021

6:30 to 9:00 p.m.

Presented by Ashley Brock and Seetha Abeyesekera

In this three-part workshop participants will learn:

- What does self-regulation mean?
- What it looks like to be a co-regulator.
- How to set up the environment to facilitate self-regulation development.
- The importance of identifying the triggers to behaviour escalation that occur with children, (using a variety of data collection methods).
- Proactive strategies that can be used to help avoid or de-escalate challenging behaviours.

Participants will end the series with a draft Behaviour Escalation Continuum, (a way to document the strategies selected to help manage escalations that occur with children).

Session format:

- Attendance at all three sessions is necessary.
 - Homework assignments will be given for completion in between sessions.
 - Active participation is required during each session. Participants should expect to use their camera and microphone to take part.
 - Sessions will be run using Microsoft Teams. Participants will be sent the link for the session via email the day of the session, along with handouts and worksheets.
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Compliance and Reinforcement

Tuesday's, November 2, 16, 23, 2021

6:30 to 9:00 p.m.

Presented by Bonita Zulauf and Lynne Wojnarowski

Are you feeling frustrated that your child is not listening to you? Do you feel like you say the same things over and over? Does your child refuse to do things that you ask or just ignore your requests?

By the end of this session participants will have a better understanding of:

- Why your child may not be doing what you ask
- How to communicate the right way
- How to assist with stopping a favourite activity
- What to do if your child has difficulty with communication
- Tips, tricks, and Modelling with the demonstration of a token reinforcement system

The session will be run using Microsoft Teams. Participants will be sent the link for the session via email along with handouts.

Act Your Age

Tuesday, December 7, 2021

6:30 to 9:00 p.m.

Presented by Heidi Perryman and Kelly Emmons

In this workshop we will look at the way children develop and learn in the early years. It is a building block to future workshops that look more specifically at challenging behaviours, ways for caregivers to support children and recommended strategies for increasing desired behavioural outcomes.

During this workshop attendees will:

- Investigate and examine the differences between developmental and chronological age
- Look at a breakdown of the five areas of development
- Briefly touch on ages & stages of development

The session will be run using Microsoft Teams. Participants will be sent the link for the session via email along with handouts

EarlyON Child and Family Centre

Do you have a child who is six years of age or younger?

Join other parents and children at EarlyON's virtual programming to laugh, learn and grow. Durham Behaviour Management Services is collaborating with Durham EarlyON to offer learning opportunities, behaviour tips and Q&A sessions to parents. To view the program calendar, visit durham.ca/EarlyON.
