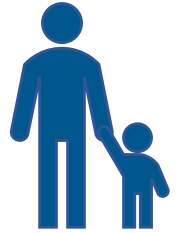




Brief Behaviour Consultation for Parents and Caregivers



Children's Developmental and Behavioural Supports

Who are Children's Developmental and Behavioural Supports?

Children's Developmental and Behavioural Supports (CDBS) is a Social Services program, funded through the Ministry of Children, Community, and Social Services. We provide brief behaviour consultation to parents and caregivers of children ages two to seven years with developmental disabilities who require support with interfering behaviours and adaptive life skills.

What is brief behaviour consultation?

Brief behaviour consultation supports parents/caregivers and their children with a variety of interfering behaviours, as well as building important skills. We call them "interfering behaviours" because they interfere with a child's ability to engage in meaningful interactions and activities, including daily routines, social, communication, play and learning. Behaviour consultants also help caregivers develop strategies to build their child's skills in areas like feeding, sleep and toilet training. Our service is caregiver-mediated, meaning we coach and support you, the caregiver/parent, to promote meaningful behaviour change with your child. We do not work directly with your child.

What is the goal of behaviour consultation?

Parents/caregivers and behaviour consultants work together to develop one to two priority service goals that will help build caregiver confidence and reduce caregiver stress.

What is my role as the parent/legal guardian?

Your role as a caregiver is to work with your behaviour consultant to identify goals that are meaningful for your family, participate in the assessment process, be honest with your consultant and share what works for you and your family and what doesn't, be present during appointments and be prepared to try something new.

How can a behaviour consultant help and what does service look like?

Behaviour consultants work with you, the child's caregiver, to reduce interfering behaviours and build important skills. Some behaviours can interfere with a child's ability to engage in meaningful interactions and activities including daily routines (e.g., transitions, meal times, nap time, toileting), social, communication, play and

learning. These behaviours may also pose a safety risk to themselves or others. Behaviour consultants help parents/caregivers to develop strategies, skills, and confidence to build children's development in these areas.

How long is behaviour consultation service?

Brief behaviour consultation is structured and time limited. Consultation occurs over 8-10 weeks and includes 5-6 appointments.

What do behaviour consultants not do?

Behaviour consultants do not work one-to-one with children, consult to school boards, offer medical advice or diagnostic assessments, or offer counselling services.

Where can I find more information?

For more information or if you require this information in accessible format, contact us at 905-668-4113 ext. 2829 or behaviouralsupports@durham.ca or visit www.durham.ca/cdbs.

Children's Developmental and Behavioural Supports is a program within the Children's Services Division, Social Services Department at the Regional Municipality of Durham.

