



# Challenging Behaviour

**Does your child sometimes display challenging behaviour?**

**Discover techniques and tips on how to deal with children's feelings and support positive behaviour over 4 sessions, covering:**

- **Managing intense feelings.**
  - **Problems with sleeping and eating.**
    - **Hot spots and triggers.**
    - **Calming strategies.**
  - **Rewards and consequences.**
- And much more.....**

**For more information or to book, please contact your nearest Children's Centre:**

**Chippenham: 01249 464008**

**Calne: 01249 823247**

**Royal Wootton Bassett: 01793 851224 or**

**Email: [debbies@therisetrust.org](mailto:debbies@therisetrust.org)**

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**[www.therisetrust.org](http://www.therisetrust.org)**