

- **Age 5,7,9 Males**
- **Reason for referral: Behavioural issues, anger, frustration, emotional dis-regulation**

## **WORK UNDERTAKEN:**

Completed Assessment with Mum. Referred to Seedlings, Banardos and Advice on Prescription. Engaged with Banardos as mum wanted a safety plan in place for her 3 children, due to her own health problems. Provided mum with weekly support calls during the pandemic, as requested. Advised mum on how to refer on to the adult ASD pathway. Engaged with Social Worker when completing single assessment.

Referred Mum onto incredible years programme- completed 2 sessions prior to lockdown in a group. Then completed 8 sessions 1-2-1 remotely to enable Mum to complete the programme. Adaptations (Extra sessions, use of visual prompts, more vignettes and activities) made to enable Mum to get the best out of the intervention- ensuring the best outcomes for her boys. Throughout the sessions, We have typed up everything discussed from topic of the day and emailed it to Mum straight after the session to consolidate her learning.

## **OUTCOME:**

Mum developed strategies to build on her relationship with her 3 children. Which enabled her to have a 'happier' home. The children are much happier, they argue less, they have individual time with Mum. They now have the skill to regulate their emotions, safely. Mum feels more in control of her own mental health and is using the strategies such as ignore and self-talk -/self-praise, which has recently enabled her and the boys to enjoy a week long break away- which she didn't think would be possible.

SDQ SCORE- reduced from start to middle of intervention (completing end ones this week)

BPSES- Score increased- showing Mums confidence has increased.

***“Developing these skills has been ‘simply life changing’ I’m very grateful for all of your support.”  
Mum.***