

Parent Conduct – Wellbeing Service

Parent Conduct support is recommended and most successful for parents of children aged 5 – 10 years old. This intervention works primarily with the parent/s to support their child. The Parent Conduct programme is a targeted programme directed at children with behaviour or conduct difficulties. It is about working collaboratively with the parent/s throughout the intervention.

The approach is that parents are the 'experts' and the practitioner brings the 'knowledge and theory' to support them. The programme draws upon key child development research and involves a six-week programme focused on;

- Praise,
- Rewards,
- Special time,
- Withdrawing attention from unwanted behaviours
- Calm time.

Goal setting is a key part of the programme. Parents complete worksheets on each subject matter and have discussion-based support with the practitioner.

This service can be accessed at all three YPAS hubs across Liverpool.

A Children and Young People's Wellbeing Practitioner is qualified in 'CWP – IAPT' (Children and Young People - Improving Access to Psychological Therapies) and delivers the parent conduct intervention. The CYWP specialises in supporting young people with low mood, fears or worries.

CYWP's also deliver the Cathy Creswell intervention which can support parents to help them deal with their child's anxiety.

You can make a referral by contacting YPAS directly or go online to refer.

YPAS provides mental health and emotional wellbeing services for Liverpool's children, young people and families.

Find out more about YPAS