



FAMILY matters!

PARENTING PROGRAMMES

Effective Parenting Approach to Raising Your Child!



SIGNPOSTS

SMALL GROUP SESSIONS

What is Signposts?

Signposts is an evidence-based* parenting programme to help parents understand and manage their child's difficult behaviour, and prevent further development of behavioural concerns.

Why is it effective?

- ▶ Parents get to design their own programme to suit the needs of their child and develop strategies to prevent and manage current difficult behaviour.
- ▶ Studies show parents are more confident in managing their children and feel less stressed after attending the programme.

How is it delivered?

Signposts is delivered in a small group consisting of 5 weekly sessions (2 – 2.5 hours per session) to help and equip parents with tools to build effective ways to manage current difficult behaviours.

For more information on Signposts, please visit <http://www.signposts.net.au/>.

*Evidence-based programmes are programmes which are peer-reviewed by experts in the field and are recognised by a respected research organisation, and included in their list of effective programmes.