



# SIGNPOSTS FOR BUILDING BETTER BEHAVIOUR

## TARGET GROUP

Suitable for parents and caregivers of preschool & primary school children

## DURATION

5 sessions of 2 hours

Signposts for Building Better Behaviour is a programme that helps families prevent or manage the difficult behaviour of children aged 3 to 16, including those with developmental delay or intellectual disability.



**ENQUIRY / REGISTRATION**

Scan the QR code now for more workshop details!

**Signposts** helps you as parents and caregivers to design a personalised programme that suits the unique needs of your children and develop strategies to prevent and manage difficult behaviour.

Parents are given tools to build effective ways to:

- manage current difficult behaviour
- plan ahead for managing further difficult behaviour

PARENTS AND CAREGIVERS WHO  
ATTENDED THE PROGRAMME WERE MORE  
CONFIDENT AND LESS STRESSED IN THEIR  
PARENTING ROLE AND CHILDREN'S  
DIFFICULT BEHAVIOUR IMPROVED AND  
THEIR POSITIVE BEHAVIOUR INCREASED.

**FREE** Fully subsidised by the Ministry of Social and Family Development

*Due to current health regulations on in-person sessions, Signposts will be temporarily suspended. Do look out for updates on our website.*

# MODULES COVERED

## **Module 1 - Measuring your child's behaviour**

In this module parents learn to describe, measure and record their child's behaviour as well as how to record and graph the measurements of their child's behaviour.

## **Module 2 – Systematic use of daily interactions**

This module teaches strategies to identify the skill strengths of a child, understand the triggers and consequences of the child's behaviour and how to use effective instructions to establish rules.

## **Module 3 – Replacing difficult behaviour with useful behaviour**

This module assists parents to identify the purposes of a child's difficult behaviour and select strategies for reducing difficult behaviours and building appropriate alternative behaviours.

## **Module 4 – Planning for better behaviour**

This module concerns the development and implementation of daily routines and the identification of high-risk situations at home or in the community. In addition, the module describes the steps for developing and implementing a planned activities routine.

## **Module 5 – Developing more skills in your child**

This module assists parents to select appropriate skills to teach their child, select objectives for the skills to be taught and identify parts of the skills to teach. It introduces ways to teach the child skills, such as the 'teaching by showing' and 'step by step' methods. Finally, it outlines ways to negotiate and liaise with others who are teaching the child.

Supported by:



FAMILY matters!

Organised by:



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