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Community Access Service

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Six Bricks Parenting

**Brief parent guided self-help for
children with mild-moderate
behavioural difficulties**

**CAMHS Central Bedfordshire
Community Access Service**

Mental **H** Health **S**upport **T** Teams

This guide was put together by:

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Who is this intervention for?

Six Bricks Parenting is an early intervention for parents and carers to promote the use of effective parenting techniques to manage children's challenging behaviour.

How can this help parents and carers?

We help develop parents and carers confidence by teaching with various techniques. This intervention can help with a range of challenging behaviour from children such as Tantrums, Sibling fights and Bedtime refusals. It was developed in conjunction with the centre for ADHD in Denmark with the aim to support Attention Deficit Hyperactivity Disorder/Autism Spectrum Disorder (ADHD/ASC).

What age range is this intervention suitable for?

The Six Bricks Parenting programme is most effective with parents/carers of children between the ages of 3 and 11 years.

How many sessions do I need to attend?

The intervention lasts for 8 sessions. Each session typically lasts for 1 hour and can be either face-to-face in school, in our CAMHS clinic or online via Teams.

What tools will I need?

To interact with this programme parents and carers will need to purchase the book and be committed to reading the associated chapters detailed below. If purchasing the book is a worry, your practitioner

What will I learn in each session?

Here is an outline of what is covered in each session;

Session	Content	Associated reading
Session 1 (Week 1)	The role of thoughts, feelings and behaviours	Intro & Chapter 1
Session 2 (Week 2)	Attachment and relationships	Chapter 2
Session 3 (Week 3)	Learning and social skills	Chapter 3
Session 4 (Week 4)	Emotional awareness and regulations	Chapter 4
Session 5 (Week 5)	Praise and rewards	Chapter 5 & 6
Session 6 (Week 6)	Routines and instructions	Chapter 7 & 8
Session 7 (Week 7)	Selective attention and consequences	Chapter 9 and 10
Session 8 (Week 8)	Self-regulation	Chapter 11 & 12

How can I request this intervention?

We encourage you to speak to your child's school. You can fill in the slip below and hand this to your child's teacher who will pass this onto the relevant person who will speak with you further to make a referral for you.

Name of child:

Name of Parent/Carer:

Contact Number:

Intervention: Incredible Years

Date: