

Strabane LPG Funded Understand Me: Making Sense of Children's Behaviour Workshop 31.03.26



Background

The WAOG kindly awarded the Strabane LPG funding in regard of the four WAOG priorities. After discussion with members and in particular, members from the Multi Disciplinary SW Teams and Hub Coordinators they felt that families they were supporting were struggling with all sorts of challenges with their child / children which could be traced back to behaviour and communication. Parents were presenting with stress and anxiety frequently at a loss to know what they could do as the behaviour was escalating. It was decided that neuro developmental awareness raising training would be sought which could “go back to behaviour basics” threaded throughout with brain development, but would be very practical with simple strategies to embed in family life.

It was felt by the members it was important to offer awareness raising to both practitioners and families together, so everyone was clear on what strategies were being suggested / adopted. When adults feel supported and informed, behaviour improves, not through control or fear, but through connection, understanding and teaching.

The membership decided to commission Shannon Hollywood to facilitate a workshop titled : Understand Me: Making Sense of Children's Feelings & Behaviours.

Understanding Me
Making Sense of Children's Feelings & Behaviour

STRABANE ENTERPRISE AGENCY, TUESDAY 31ST MARCH,
10AM-1PM

WHAT YOU'LL LEARN:

- Why children's behaviour makes sense — even when it feels challenging
- What's happening in the brain during big emotions
- How to respond with calm confidence instead of reactivity
- Practical ways to set kind, clear boundaries
- What helps (and what doesn't) when emotions run high
- How to build stronger, more connected relationships with children

HELPING ADULTS UNDERSTAND BEHAVIOUR SO CHILDREN FEEL SAFER, CALMER AND MORE CONNECTED.

TO BOOK YOUR PLACE OR FIND OUT MORE:
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HSC Western Health and Social Care Trust CYPSP

How much did we do?

Number of Attendees

23 people attended with a mix of parents and practitioners.

The session focused on:

Understanding behaviour as communication

Brain development and realistic expectations

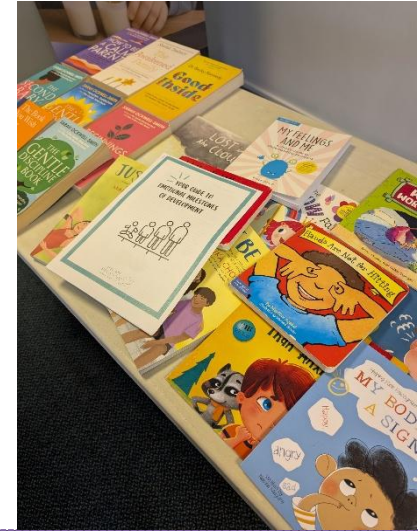
Discipline as teaching, not punishment

Supporting children with big emotions and anxiety

Building emotional safety and connection

Responding to behaviour with confidence and consistency

Supporting parents to feel calmer and more capable



How well did we do it?

Participant Experience

Feedback indicates a highly positive experience across all 23 attendees.

Question Asked : How would you rate your understanding of your child's behaviour after the workshop?

Much Improved: 17 Responses

Improved: 6 Responses

Question Asked: How confident do you feel in responding to your child's behaviour using the approaches discussed in the workshop?

Very Confident: 18

Somewhat Confident: 5



Is anyone better off?

6 participants asked for further sessions in their feedback with longer sessions.

Practitioners reported that it was a great refresh for them. Parents commented on how easy it would be to put the advice / strategies into action at home particularly around boundary setting. Several parents fed back about how they had to also take care of themselves if they were going to be at their best for their children.

Participants demonstrated:

- A greater understanding of brain development, emotional regulation or how behaviour is shaped.
 - Feelings of being more confident and less reactive.
 - Ability to respond consistently and compassionately.
- Appetite to understand more.



Recommendations moving forward

- Roll out of more short & snappy, home grown parenting programmes as participants commented how good it was not to be shown slides or power points or having to attend over a long number of weeks.
- Roll out of more workshop type training offering practical strategies as Participants liked that the facilitator spoke from her own perspective of what she had found to work both through her home life and work life.
- Pivoting to different delivery of parenting programmes may help with parental recruitment & retention while practitioners may be more confident to Deliver – some testing of this concept may be required.



"I loved the way Shannon explained 'Our Brain Development' it was easy to understand"

"An excellent workshop, I could listen to Shannon all day – so knowledgeable"

"Recognising that behaviour is communication"

"Really learnt so much & enjoyed it so much."

"Would love more, like more in-depth maybe over a day instead of a few hours"

"It helped me put things in perspective, - wow we can help children deal with their emotions – what are they trying to tell us."

"Regulate your emotions before teaching your child to regulate theirs! Stop, Think & Assess Behaviour"

"Affirmations of hope this is the way forward."

"Being kinder to myself, keeping my 'jug full' so I can respond with love, kindness & empathy to my children"

"Very passionate workshop, excellent facilitator . Excellent workshop."

"As a practitioner taking some of this knowledge & sharing with parents particularly the upstairs/downstairs brain analogy."

Photos from Workshop

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