

Background

The WAOG kindly awarded the Waterside 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 Coordinator 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. It was decided that awareness raising training would be sought which could “go back to basics” but would be based with what we know about brain development but would be very practical and simple to embed in family life. It was important to offer to both practitioners and families together, so everyone was clear on what strategies were being adopted.

Arc Horizons delivered a Behaviour Strategies & Regulation Framework Workshop designed to support parents, carers, and professionals in understanding and responding to children’s emotional regulation and behaviour. It delivered measurable impact across understanding, confidence, and practical application.

Participants demonstrated:

- A shift towards understanding behaviour as communication
- Increased confidence in supporting emotional regulation
- Adoption of practical, preventative strategies
- Greater awareness of adult influence on child behaviour
- Intent to share learning within wider networks

Each participant received a workbook which could be used as a reminder of the what had been covered in the workshop,

Some WAOG funding also went to purchasing promotional resources which can advertise the Hub when at events and can be left in GP Practices and other public places.



How much did we do?

Number of Attendees

20 people attended with a mix of parents and practitioners.

The session focused on three core principles:

Regulation – supporting nervous system stability

Connection – building safe, trusting relationships

Confidence – equipping adults with practical tools and understanding

The aim was to move participants beyond behaviour management towards understanding behaviour as communication, while providing practical, immediately usable strategies.



How well did we do it?

Participant Experience

Feedback indicates a highly positive experience across all attendees and participants consistently described the workshop as:

- Engaging
- Practical
- Easy to understand
- Relevant to their role (Practitioner Attendees)

All participants stated they would recommend the workshop to others.



Impact on Understanding and Confidence

Participants reported a clear improvement in both understanding and confidence:

The majority indicated their understanding had “improved” or “much improved”

Confidence in supporting children increased, with many reporting feeling “very confident”

Importantly, even those who reported moderate confidence demonstrated clear shifts in thinking and intended practice, indicating meaningful progression.

Is anyone better off?

Changes in Practice

Participants identified clear changes they intend to implement, including:

- Taking more time before responding to behaviour
- Listening more and reducing excessive questioning
- Adjusting expectations based on developmental stage
- Implementing sensory and regulation strategies in daily routines
- Supporting children to communicate at their own pace
- Sharing learning and strategies with other parents and professionals

This indicates extended impact beyond individual attendees.



Recommendations moving forward

Based on the strength of feedback, we recommended that:

Further workshops are commissioned as expanding this provision would support early intervention, improve outcomes for children, and strengthen support systems for families and practitioners.

Investing in further training organised by LPG shows commitment in the groups.



Participant Feedback

“Absolutely fantastic”

“Very practical tips”

“This was delivered brilliantly”

“Facilitators did a fab job”

“Loved that there was real life examples as it made it easier to understand and think how I would do or if I would do the same “

“This is the first training I’ve attended where I’ve left with practical strategies I can implement straight away”

“Thank you for organising the two speakers , this workshop was the best I’ve been to! It was such an easy listen, interactive and I myself have taken a lot from it. “