



Case Study – Mr & Mrs A

Mum and Dad were struggling with the behaviour of their 3 year old daughter who attends Normanby Primary Nursery. There were also issues with the child not sleeping all night through and not staying in her own bed/room.

Health Visitor had been out to see mum and Dad and then contacted the Nursery teacher to advise her of the current circumstances. Both Parents were feeling very stressed and Health Visitor supported mum with a GP appointment.

Nursery Teacher passed details on Early Intervention Practitioner who was able to support both parents via the Parent Support Group on a Friday afternoon in school.

Different strategies were discussed each week and parents were given 'homework' to try at home. Some of the strategies included changing some of the language that parents used, using a timer to complete tasks, using stars to encourage positive behaviour and how to use time out effectively.

Parents attended some sessions together and Mum also had some 1-1 sessions when Dad was at work.

After a few weeks of trying some different approaches, parents noticed that things were changing. Their daughters behaviour was improving and they were feeling less stressed. Parents are now able to use a range of strategies for many different situations, with confidence.

The last issue to be addressed was the bedtime routine. However after giving parents advice and a realistic timescale, this has also improved. Parents tackled this full on and were prepared for a week of hard work and no sleep. However, they managed with few problems, over only a few nights and now all the family are getting more sleep and are in their own beds.

Quotes from Parents - 10.2.16 Mrs A

"We were both stressed out, we didn't know what to do or who to turn to"

"If someone had said to me in December last year that by February 1/2 term there would have been this massive change, I wouldn't have believed them"

"There is now light in the tunnel, not just at the end. At the start we couldn't even think about getting a glimpse"