# positive behaviour support additional support & information

### Individual telephone consultation

If you need more in-depth support and would like to discuss your specific concerns around managing behaviour on an individual basis, please email Clare Redrupp (Short Breaks and Family Support Manager/PBS Coach) at cheviotsshortbreaks@enfield.gov.uk  Clare will then arrange a convenient time with you for your individual telephone consultation.

###  EPS Family helpline

The Educational Psychology service for Enfield is offering a family support telephone support line this summer, available 10 am to 9 pm Monday to Friday, which provides advice and help with managing your child’s behaviour at home, as well as looking after your own and your child’s mental health. To access the service you need to fill in a brief form [here](https://forms.office.com/Pages/ResponsePage.aspx?id=HbkYzLIbm02sdnpER0iNSXu_LICxaVVBt6wk9bHMJDpUMERTMFZQMzBaMDlHRThTV1VCUTRCVk03RC4u) EPS aims to respond to all requests for calls within 3 working days. Or if you don’t have access to the internet you can call on 0208 379 2000 to request a phone call.

### Challenging behaviour foundation

The Challenging Behaviour Foundation has useful advice on their website [here.](https://www.challengingbehaviour.org.uk/supporting-you/for-families/for-families.html) They offer up to three free phone sessions with a family support worker – details [here](https://www.challengingbehaviour.org.uk/supporting-you/for-families/family-support-service.html).

### Our Voice website

The [Our Voice website](https://www.ourvoiceenfield.org.uk/) includes a page on [anxiety and wellbeing](https://www.ourvoiceenfield.org.uk/news/show/95) which pulls together a wide range of different resources for supporting children with SEND.

We have worked with Enfield’s Educational Psychology Service and Mental Health Support team to produce a series of six short videos (5-10 mins) for parent carers. The videos aim to support parents in creating a sense of safety, calm, connectedness, control and hope for our children, plus one video about how we can look after ourselves as parent carers. You can access the videos [Here.](https://www.ourvoiceenfield.org.uk/news/show/107)

### National Autistic Society

The National Autistic Society website has a useful section on [Behaviour](https://www.autism.org.uk/advice-and-guidance/topics/behaviour) which includes: [Information about distressed behavior](https://www.autism.org.uk/about/behaviour/challenging-behaviour.aspx), [Anger Management](https://www.autism.org.uk/advice-and-guidance/topics/behaviour/anger-management), [Meltdowns,](https://www.autism.org.uk/advice-and-guidance/topics/behaviour/meltdowns) [Obsessions and Repetitive behaviour](https://www.autism.org.uk/advice-and-guidance/topics/behaviour/obsessions), and [Dealing with Change](https://www.autism.org.uk/advice-and-guidance/topics/behaviour/dealing-with-change).

### Enfield Advisory Service for Autism (EASA)

EASA is a Local Authority service supporting autistic children and young people aged 0-25 years. See their website [here.](https://enfieldasa.org.uk/)

### Autism Education trust (AET) - Website [here](https://www.autismeducationtrust.org.uk/for-parents/)

[STAR chart](https://www.autismeducationtrust.org.uk/setting-trigger-action-result-star-chart/) for recording and analysing incidences of challenging behaviour

[Practical advice from Educational Psychologists](https://www.autismeducationtrust.org.uk/coronovirus-and-helping-autistic-children-advice-from-educational-psychologists/) on supporting autistic children during the Coronavirus crisis.

[Advice on recognizing and supporting anxiety](https://www.autismeducationtrust.org.uk/blog/recognising-and-supporting-anxiety/) in autistic children.

### BILD

[BILD](https://www.bild.org.uk/) have produced this [short video](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2Fepjud2Of610&amp;data=02%7C01%7C%7C6fa8abb8213241b2ccf708d840701e84%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637330197570013457&amp;sdata=ikVPaEYJEpPMP9ZNiEP2pGR8NXhnwP4YNgx6MEgoHI0%3D&amp;reserved=0) which provides a useful introduction to the concept of challenging behaviour.

### Support for siblings

Local support provided by [Dazu](http://www.dazu.co.uk/dazu.htm) and their [Young Carers’ Project](https://www.localgymsandfitness.com/GB/London/215582778621942/Dazu-Young-Carers) and Enfield Carers’ [Enfield Young People in Caring](https://enfieldcarers.org/young-carers/) (EyPIC).

Nationally, [Young Sibs](https://www.youngsibs.org.uk/) provides support and advice for brothers and sisters of children and adults with disabilities.