

Safe and happy childhood



Action for Children protects and supports children and young people, providing practical and emotional care and support, ensuring their voices are heard, and campaigning to bring lasting improvements to their lives.

Build Sound Minds Derby and Derbyshire

Action for Children



Warm welcome

Build Sound Minds Derby and Derbyshire

Build Sound Minds
Derby and Derbyshire

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Feelings Affect Behaviour (FAB) Intervention

Helping to build happy, healthy, minds.

Feelings Affect Behaviour (FAB)

- FAB is an intervention dedicated to parents and primary caregivers of primary school aged children.
- Research tells us that the most effective way to support the emotional well-being of children under the age of 12 years, is through working therapeutically with parents and/or primary caregivers.
- The course aims to help parents and primary caregivers to understand their child's needs, particularly focusing on stages of child development, parent-child relationships and brain-based parenting approaches.
- FAB is delivered over 6 weeks, each session lasting for an hour.

Why FAB?

The intervention covers several topics including:

- Introduction and overview. Brain development.
- Attachment Theory.
- Connecting Theory and parenting.

"Being able to connect with other parents who are in similar situations. 'Connection before correction' I have been focusing on this analogy with my son and can already see the positive effects it's having."

Comment from parent who attended FAB when asked what was helpful about the course.

- Getting in tune with ourselves and our children.
- PACEful parenting, Self Care.
- Reflections on content, questions, group discussion, moving forward

The sessions are delivered by two of our experienced practitioners in a professional yet informal way. There will be the opportunity during each session to share ideas with other parents and caregivers, ask questions and discuss strategies in more detail.



Do you have any questions?

Visit our website: www.actionforchildren.org.uk

Call our friendly team:

Derby City/South Derbyshire: 01332 679379

North Derbyshire: 01246 277422

Email us: afcbsmdd.bsm.dd@nhs.net

Action for Children also runs Parent Talk, a website and telephone chat service for parents. For more information on how to access this service, please visit <https://parents.actionforchildren.org.uk/>