

Video transcript for “Supporting behaviours that challenge’ workshop - Parent testimonial (1 of 2)’

0:00:00.560,0:00:04.200

So, could you tell me what you were worried about before joining the workshop?

0:00:05.280,0:00:09.920

My main concern was that I've got twin boys and how am I going to,

0:00:10.640,0:00:16.440

what can I learn that would actually help me support both the boys at the same time?

0:00:17.960,0:00:24.040

And what could I possibly learn that I haven't learned from other workshops because we've had

0:00:24.040,0:00:32.760

some PBS support at home and so I think I came in with an open mind, thinking 'Okay, let's just give

0:00:32.760,0:00:37.026

it a go', but I didn't really think I was going to learn as much as I did.

0:00:37.026,0:00:46.800

Okay, thank you. And how did you feel after initially meeting the other parents and the facilitators?

0:00:46.800,0:00:54.200

It was really good actually because meeting the other parents and getting their experience and sharing your own

0:00:55.120,0:01:00.400

was really, really beneficial to all, and the facilitators are excellent as well and they

0:01:00.400,0:01:11.560

got to know my children's needs and everybody's children were, like, individually, or, you know,

0:01:12.560,0:01:17.760

their behaviours and everything were remembered by the facilitators and every time we were

0:01:17.760,0:01:23.517

in workshops they'll be brought up and so it was really beneficial.

0:01:23.517,0:01:27.771

So, did you feel it was sort of person-centred? Yeah. Even though you're part of a group.

0:01:27.771,0:01:29.216

Yes, definitely.

0:01:29.216,0:01:31.080

That's great. Thank you.

0:01:31.080,0:01:37.160

What did you find the most helpful thing that you've learned during the workshop?

0:01:37.800,0:01:47.320

So, the functions behind the behaviours and, so you can see daily what the triggers are

0:01:47.320,0:01:55.000

with your children, the slow and the fast
triggers, and how things can escalate. And,

0:01:55.000,0:01:59.400

after looking at the triggers, what the
behaviours are, what the consequences are,

0:02:00.640,0:02:08.080

so, and how you can apply those in your daily
lives. So, that that was really, really good.

0:02:09.080,0:02:17.573

Thank you. And how do you think the workshop has changed
things for your children and your family as well, as a whole?

0:02:17.573,0:02:26.520

It's knowing how each child is
individual and, you know, what their triggers are,

0:02:26.520,0:02:34.480

i.e. one of my children, they watch the iPad a lot
and sometimes he starts crying at some stage and

0:02:35.000,0:02:41.320

and I couldn't figure out why, and one of the
reasons could be that the overuse of the iPad and

0:02:41.320,0:02:47.040

it's become over-stimulating for him. So there's
a lot of things I've picked up from the course.

0:02:48.080,0:02:54.120

And knowing that at the end there will be a plan
that's given to us that we can then share with

0:02:54.880,0:03:00.920

each of the, you know, the carers, the school,

with the family, because we don't always get to

0:03:00.920,0:03:06.040

exchange what we've learned throughout,
you know, each day. So that's really good,

0:03:06.720,0:03:12.200

to be able to share that and to know how to help
the children going forwards.

0:03:12.200,0:03:17.120

And to have something written and that you can take away,
plan, like you say, that can be shared with others.

0:03:17.960,0:03:22.920

And finally, what would you say to someone
feeling unsure about attending the workshop?

0:03:23.440,0:03:29.320

I would say definitely give it a go because
it's been so beneficial. You know, once you

0:03:29.320,0:03:33.760

come here and, you know, the course is outlined
what you're going to learn each of the weeks,

0:03:35.560,0:03:40.960

and when you meet the other parents and you
exchange ideas and you can really start seeing

0:03:40.960,0:03:48.240

the difference it starts making, and then,
you know, there's things like looking out for,

0:03:48.240,0:03:55.360

there could be physical needs that your child
is not able to portray to you. There's things

0:03:55.360,0:04:01.000

that you've learned about like the hospital pass,
you know, for my children and so many things that

0:04:01.000,0:04:05.880

I was unaware of that I've learnt on this course.
It's been really beneficial. So, I would say

0:04:05.880,0:04:12.280

definitely take the time out to attend because
it will help not just your children but in daily

0:04:12.280,0:04:16.811

life, you know, at work, at home.
It's been really beneficial.

0:04:16.811,0:04:18.660

That's great. Thank you so much.

0:04:18.660,0:04:19.400

Thank you.