

THE PARENT TRAP



A Behaviour
Management
Program for
Parents



PROGRAM GOALS:

- Understanding why misbehaviour happens.
- Strategies for promoting healthy development and positive relationships with your child.
- Strategies for promoting children's self-control and managing difficult behaviour.

The Parent Trap is a behaviour management program developed by Clinical Psychologist, Dr. Kate Aubrey. The program is designed for parents who are struggling to manage their children's difficult behaviour, such as meltdowns, misbehaviour, anger, and sibling rivalry. The Parent Trap utilizes **empirically supported** and well-established parenting methods and interventions. The program is designed for parents of **school-aged children**.

At present, The Parent Trap is only offered to individuals but may be offered as a group or seminar in the future. If you are interested in participating in this program please contact Dr. Aubrey's office to schedule an initial consultation.