

# Programme 21 – Parenting: self-care and understanding child behaviour

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**Research and co-ordination:** Lisa Pirihi and Carolyn Jury

**Presenters:** Louise Ratcliffe

**Produced by** Louise Ratcliffe and FreeFM89.0

## Guests

### **Rebecca Armstrong**

MAppPsy, Researcher, Parent to Parent

Rebecca researches complex requests and consults with the Professional Expert Group (PEG). She also writes for the Altogether Autism Journal and is involved in the PRISM Professional Development Series. Rebecca completed a masters degree in Applied Psychology at the University of Waikato in 2015. Rebecca has worked with children with autism, in the school and home environment, since 2013

## Programme Synopsis

- Self-care and self-compassion for parents
- Understanding and re-framing challenging behaviour

## Music

**“Working for the children” KGB**

## Links

Ross Greene – The Explosive Child: <https://www.harpercollins.com/9780062339799/the-explosive-child/>

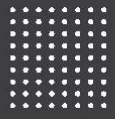
<https://www.livesinthebalance.org/>

[www.parent2parent.org.nz](http://www.parent2parent.org.nz)

<https://altogetherautism.org.nz/>

<http://www.enablinggoodlives.co.nz/>

<https://carematters.org.nz/> or 0508 236 236 freephone service for carers



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