ENABLE US
Family Support Services

- Confidential Service
- Person Centred Approach
- Individualised Support Plan
- Behaviour Workshops
- Signposting to other Services
- Tricky Moments Booklet
  - Help & Advice

ENABLE US
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Helping you and your child to manage challenging behaviour.
ENABLE US
Family Support Services

What is ENABLE US?
ENABLE US is a new service in Fife, providing support and advice to families and carers who have a child or young person with disabilities.

What ENABLE US offers.
Working in partnership with specialist services within the Fife area, we help you and your child to manage challenging behaviour.

How ENABLE US helps.
We create individualised support plans, adopting a person centred approach. We can also signpost families and carers to other services within the Fife area.

Types of Challenging Behaviour
- Aggressive Behaviour
- Repetitive Questioning
- Sexualised Behaviour
- Withdrawal
- Toilet Training
- Inappropriate Language
- Eating Challenges
- Separation Anxiety
- Sleeping Issues

Tricky Moments Booklet
In addition to individualised support ENABLE US has published the booklet *Tricky Moments*. In this, we offer hints and tips on managing your child’s challenging behaviour effectively.

All the strategies in this booklet, have been tried and tested by parents, teachers and other professionals.

For more information please contact:
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