

# Challenging

## behaviour proves key issue for parenting

*For many parents, some of the most difficult times they face during parenthood is having to deal with behaviour issues as their children grow up.*

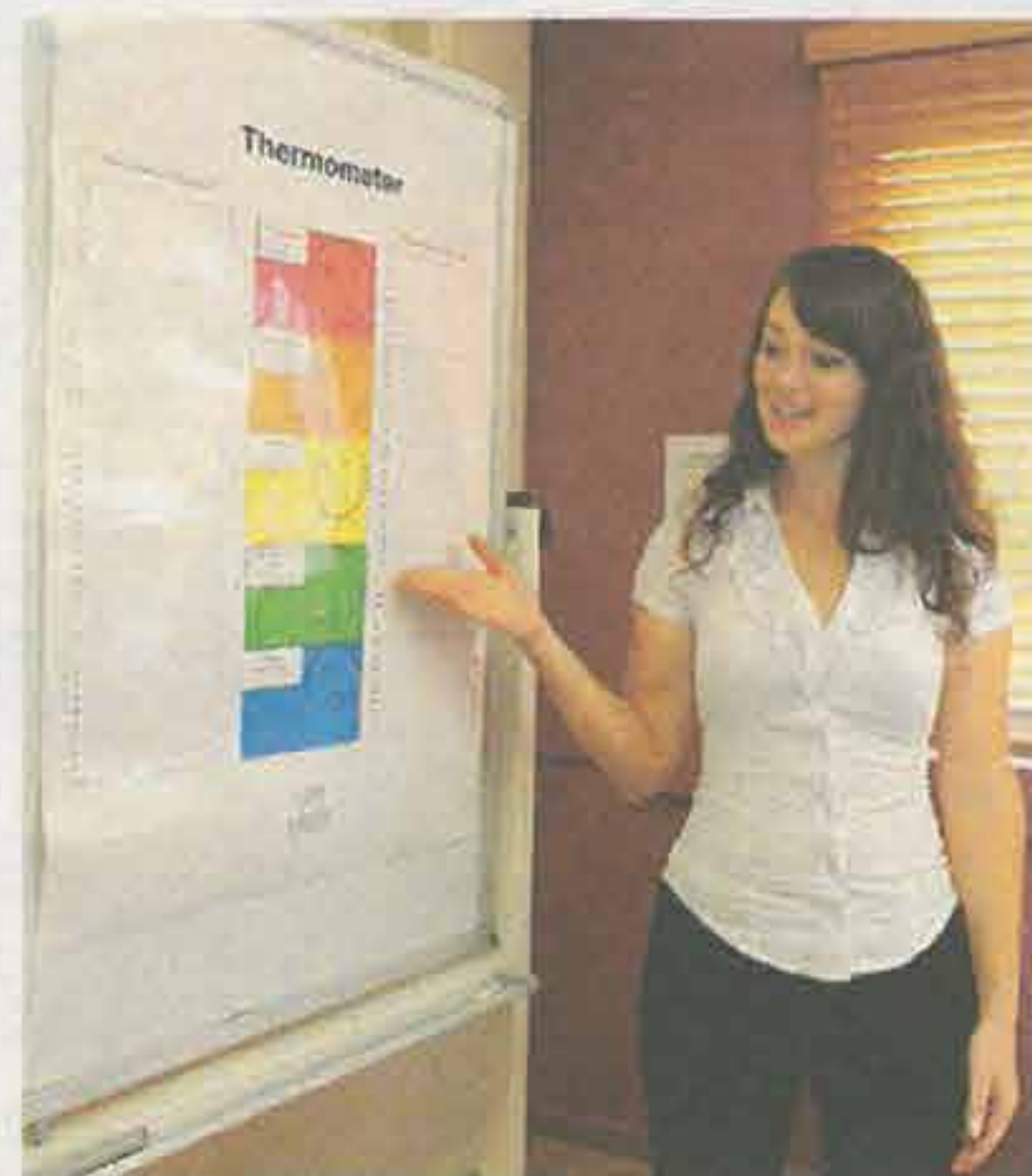
For some it is just a passing phase, but for others it can develop into an entirely different situation and one that can change lives forever. There is an alarming increase of parents and children dealing with a variety of complex issues such as schoolyard bullying, cyber harassment, difficulties socialising with peers, sibling and anxiety management, anger management as well as the complexities of functional behaviour problems.

It has become a minefield, with parents left searching for answers and support.

One specialist centre offering easy to learn life skills for both parents and children, is a Gold Coast facility which specialises in the most important aspects of every day living – behaviour.

Fabic provides a host of programs and training support, and is leading the way in managing behaviour issues right across Australia, making a difference to everyday life for parents, children and professionals alike. In fact for anyone wanting to change their own unwanted behaviour or learn to understand and support behaviour change for another person, Working with schools and organisations, as well as running specialised programs for parents and professional support staff, the Fabic team also offers individual therapy and assessments. The professional team of clinicians provides a nurturing environment for learning and behaviour change at their regular regional workshops and their Mudgeeraba based centre.

Helping people to understand and change unwanted behaviour, the simple and easy to follow strategies taught at Fabic are practical,



useful tools that make a real difference to everyday life.

Fabic's clinicians also offer a number of assessments including behaviour; academic and cognitive assessments for all people including those with individual needs such as ADHD, learning difficulties, Autism Spectrum disorder, asperger's and pervasive development disorder.

The Director of Fabic, Ms Tan Curtis, is the author of the highly acclaimed book 'Challenging Change; Behaviour Strategies For Life' as well as the creator of useful take-home tools and programs to support managing behaviour issues and creating positive behaviour change. She says managing behaviour issues seems to be becoming more difficult for parents each year.

"Parents often find themselves in a horrible

dilemma, trying to ascertain what is considered normal and what is not and while there is various help available, we are finding a growing number of families want individual programs developed that work for them based on their own specific situation."

"Through our research we have created a series of workshops and in-house programs that are proving to have highly successful outcomes for both children and their parents," Ms Curtis said.

She says this practical wisdom is provided to aide the development of skills to influence behavior change in other people and to support individuals to develop skills to change their own unwanted behavior.

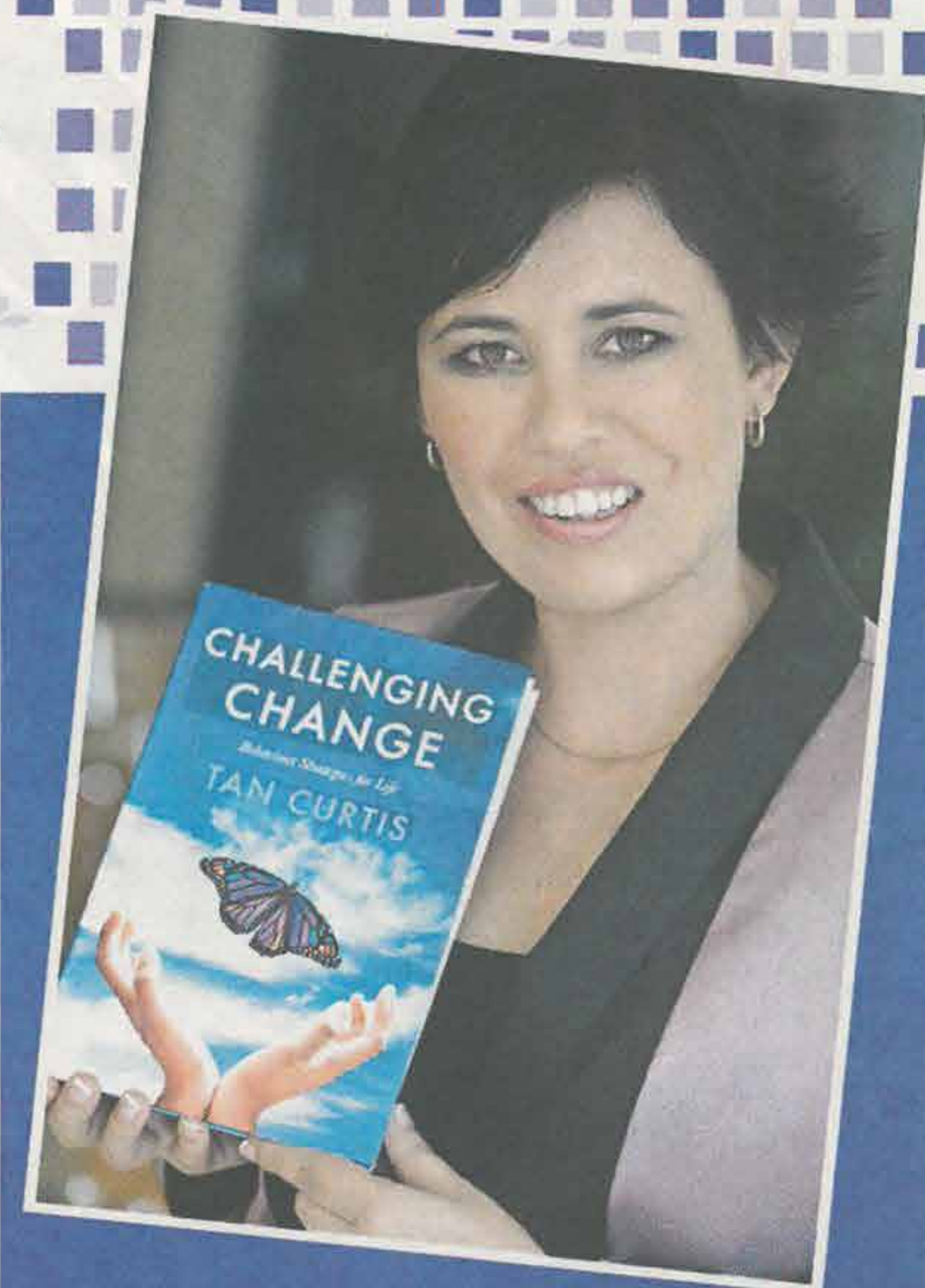
"We bring practical wisdom for all ages and demographics, practical wisdom for any individual choosing to understand their own or another person's behavior and participants find that our programs are as beneficial for adults as well as children.

The national centre offers practical tools, knowledge and services to provide a brighter future to individuals, families and communities who need to unlock challenging behaviour.

This behavior may be in adults or children and relate to general challenging behaviors, managing daily life or be specific behavior issues caused by a certain ailment.

"Basically we work to assist & manage any challenging and unwanted behaviors used by children, adolescents & adults," Ms Curtis said.

For more information on Fabic or call the Centre on 07 5530 5099 or go to [www.fabic.com.au](http://www.fabic.com.au)



The Director of Fabic, Ms Tan Curtis

