

SuperParenting Children

Parent Behavior Management Group



What is the SuperParenting Children group?

This group for parents and caregivers is offered by the Seattle Children's Psychiatry and Behavioral Medicine Outpatient Program. It is based on treatments that have been shown to help parents of children ages 6 to 12 improve their child's behavior, relationships and well-being. You will learn effective strategies to connect and communicate with your child, encourage more positive behaviors, and respond effectively to challenging behaviors.

Who should attend?

This group is for parents of children ages 6 to 12 with challenging behaviors including trouble listening, arguing, not completing tasks, or tantrums. More than one caregiver is welcome to attend for each child.

How long is the group and what does it cover?

This group includes 8, 60-minute sessions. Sessions cover these topics:

- Why challenging behaviors happen and how they affect families
- Using relationship and connection to help children learn
- Motivating your child to listen and follow instructions
- Setting limits and consequences for challenging behaviors

To Learn More

- Outpatient Psychiatry
206-987-2164
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Where does the group take place?

At this time, all group sessions are being held via a telemedicine/video visit platform. Several groups are offered throughout the week. Information on days and times will be shared with families when our scheduling team contacts them to schedule. Some in-person groups may resume in the future.

How much does it cost?

Your insurance will be billed for each group session that you attend. We recommend that you call your insurance to find out if the cost of the group is covered and how much you need to pay if the full amount is not covered. The code billed for parent groups is: 90849 multiple-family group psychotherapy.

How do I register?

Please ask your Psychiatry clinic provider to refer you to the group. Once a referral has been made, you will be called when there is an opening.
