

**FREE**

Workshops for parents & carers

This is a series of 2 ½ h long workshops which will cover 7 different topics. Parents and carers can attend one, some or all of the workshops according to their interest or availability.

All topics may be useful to all parents/carers with children of all ages, including those children with additional needs or who are fostered or adopted. We may not explore specific issues in depth but parents and carers will be given enough information to then consider whether further support in a specific area would be useful.

Timetable November & December 2016

WORKSHOP	DATE	TIME	VENUE
Exploring Resilience	01-Nov-16	6.15-8.45	Dorothy Stringer School
Exploring Individual Profiles	08-Nov-16	6.15-8.45	Dorothy Stringer School
Exploring Attachment	15-Nov-16	6.15-8.45	Dorothy Stringer School
Exploring Emotions	22-Nov-16	6.15-8.45	Dorothy Stringer School
Exploring Sensory Needs	29-Nov-16	6.15-8.45	Dorothy Stringer School
Exploring Communication	06-Dec-16	6.15-8.45	Dorothy Stringer School
Exploring Behaviour	13-Dec-16	6.15-8.45	Dorothy Stringer School

TOPICS:

- 1 - **Exploring Resilience** - resilience ideas for children and parents, understanding individual strengths, what helps us bounce back and cope with difficult situations and/or make changes.
- 2 - **Exploring Individual Profiles** - understanding various mind processes such as executive functioning, theory of mind, getting the gist, memory and how they relate to individual differences. Parents and carers will be able to build an individual profile for their children and themselves.
- 3 - **Exploring Attachment** – understanding the importance of positive relationships and what promotes positive attachment experiences.
- 4 - **Exploring Emotions** – understanding emotions and how they connect to thoughts, behaviours and body responses. Strategies to support children struggling with issues related to anxiety, stress, anger and depression, incl aggressiveness and self harm.
- 5 - **Exploring Sensory Needs** – understanding more specific body responses and sensory needs, including individual styles around arousal levels and sensation seeking or avoidance. Strategies to reduce stress around various daily routines and increase sensory tolerance.
- 6 - **Exploring Language and Communication** - understanding language development and factors that can affect communication; ideas to support children in this area.
- 7 - **Exploring Behaviours** – understanding about various basic behaviour management strategies as well as some more specific ideas for more challenging behaviours.

These workshops are offered on a 'drop-in' basis, so you do not need to book a place. Please do arrive early as we will be starting promptly. If you would like any more information about any of the above workshops please contact Deborah Topp or Karin Anjos.

Deborah.topp@brighton-hove.gcsx.gov.uk (Deborah Topp) or Mobile 07912 271 162 (Karin Anjos). We look forward to hearing from you!