Parent & Carer Support
TALKING ASD & ADHD
Online Workshops
Spring Term 2023

Supporting Links
Promoting Strong Family Relationships

For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

STRESS and ANXIETY

- The difference between stress and anxiety.
- Understanding anxiety related conditions amongst young people with ASD and/or ADHD.
- How to spot the non-verbal signs of stress.
- Common triggers amongst neurodiverse children.
- What an anxious child needs to feel safe and how to provide this.
- Strategies to engage an anxious or stressed child.
- The early warning signs of mental health problems.
- Where to access further help and support, locally and nationally.

Tuesday 10th January
9.30-11.30am
Workshop 559 Pre-booking essential via Eventbrite Link:
https://www.eventbrite.co.uk/e/talking-asd-adhd-anxiety-and-stress-for-parentscarers-in-herts-559-registration-458379604737

Wednesday 22nd February
7.30-9.30pm
Workshop 560 Pre-booking essential via Eventbrite Link:
https://www.eventbrite.co.uk/e/talking-asd-adhd-anxiety-and-stress-for-parentscarers-in-herts-560-registration-458562411517

RESPONDING TO ANGER

- The difference between healthy & unhealthy anger.
- The pattern that anger takes and how to spot the non-verbal signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.
- Where to access further help and support, both locally and nationally.

Monday 16th January
7.30-9.30pm
Workshop 562 Pre-booking essential via Eventbrite Link:
https://www.eventbrite.co.uk/e/talking-asd-and-adhdresponding-to-anger-for-parentscarers-in-herts-562-registration-458706843517

Tuesday 7th March
12.30-2.30pm
Workshop 561 Pre-booking essential via Eventbrite Link:
https://www.eventbrite.co.uk/e/talking-asd-and-adhdresponding-to-anger-for-parentscarers-in-herts-561-registration-458592962897

info@supportinglinks.co.uk
www.supportinglinks.co.uk

Follow on:

Workshops are open to parents and carers living in Hertfordshire

THE TEENAGE YEARS

For parents and carers of children aged 11-25yrs

- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- Strengthening your parent/child relationship.
- How to agree appropriate boundaries and teach risk assessment.
- Adapting our parenting approach to help our teens become independent adults.

Monday 23rd January
7.30-9.30pm
Workshop 564 Pre-booking essential via Eventbrite Link:
https://www.eventbrite.co.uk/e/talking-asd-and-adhd-the-teenage-years-for-parentscarers-in-herts-564-registration-457025805487

COPING with CHANGE

- How children feel and behave when experiencing change.
- How to prepare children for changes such as starting a new school.
- How to support children during and after change by helping them to manage their emotions using effective stress reducing strategies.
- How children learn from new experiences and what to expect.

Monday 20th March
9.30-11.30am
Workshop 563 Pre-booking essential via Eventbrite Link:
https://www.eventbrite.co.uk/e/talking-asd-and-adhd-coping-with-change-for-parentscarers-in-herts563-registration-458747164117

TECH USE

- How your child's diagnosis increases vulnerability online.
- What you can do to support any difficulties with online behaviour.
- Recognising when something is wrong.
- Managing difficult conversations with confidence.
- Setting and maintaining boundaries for online use.
- Teaching your child to develop their own methods of regulating internet use and staying safe.

Monday 27th February
9.30-11.30am
Workshop 565 Pre-booking essential via Eventbrite Link:
https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-565-for-parentscarers-in-herts-registration-457067209327

SCHOOL AVOIDANCE

- What is Emotionally Based School Avoidance and is this what your child is experiencing?
- Common causes and triggers of school avoidance.
- How EBSA is affecting you and your family.
- Practical steps you can take to support your child.
- How to work with your school in your child's best interests.

Tuesday 31st January
7.30-9.30pm
Workshop 566 Pre-booking essential via Eventbrite Link:
https://www.eventbrite.co.uk/e/talking-asd-and-adhd-school-avoidance-for-parentscarers-in-herts-566-registration-458728999787

Hertfordshire
This course is provided free to parents by Hertfordshire county Council

Sessions will be run over Zoom so you will need access to a device such as a phone, tablet or computer with a speaker or headphones. We will help you get set up if you haven't used Zoom before. No special skills are needed.

can parent
Carers & Autism Network
www.canparent.org.uk