

# Parent & Carer Support TALKING ASD & ADHD Workshops Summer 2024



Workshops are FREE to parents and carers living in Hertfordshire of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

← Eventbrite Page

## THE TEENAGE YEARS



- 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 22<sup>nd</sup> April 7.30-9.15pm

Workshop SL661 Pre-book via Eventbrite:

[Talking ASD and ADHD: The teenage years. For parents/carers in Herts \(661\) Registration, Mon 22 Apr 2024 at 19:30 | Eventbrite](#)

## 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.

Tuesday 21<sup>st</sup> May 9.30-11.15am

Workshop SL667 Pre-book via Eventbrite:

[Talking ASD & ADHD: Responding to Anger \(667\) For parents/carers in Herts. Registration, Tue 21 May 2024 at 09:30 | Eventbrite](#)

## TECH USE



- What you can do to keep your child safe online.
- Helping your child to switch their device off.
- What you can do to support any difficulties with behaviour when your child is playing.
- The effect of using their devices as a reward or consequence.
- Managing difficult conversations with confidence.
- Teaching your child to develop their own methods of regulating device use and staying safe.

Monday 17<sup>th</sup> June 7.30-9.15pm

Workshop SL663 Pre-book via Eventbrite:

[Talking ASD and ADHD: Tech Use \(663\). For parents/carers in Herts. Registration, Mon 17 Jun 2024 at 19:30 | Eventbrite](#)

## SIBLING STRUGGLES



- What to do if your children are fighting or arguing.
- Dealing with jealousy and unfairness.
- Recognising the pressures on siblings.
- Helping your children develop a network of support.
- Helping your children to communicate with each other without conflict.
- Managing your own difficult feelings and helping your children to manage theirs.

Monday 10<sup>th</sup> June 9.30-11.15am

Workshop SL662 Pre-book via Eventbrite:

[Talking ASD and ADHD: Sibling Struggles. For parents/carers in Herts \(662\) Registration, Mon 10 Jun 2024 at 09:30 | Eventbrite](#)

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Funded by Hertfordshire County Council's Targeted Parenting Fund

