

## Childhood Neurodiversity PST Workshop Programme

### Parent/Carer Workshops 2023 – 2024

Neurodiversity means that across the population there is variation in people's brains. Having people in society who see the world differently and have unique skills is an important part of life to be celebrated. The term "neurodivergent" refers to people whose brains work differently to the typical cultural standards. Neurodivergence includes conditions that people are born with including autism, ADHD, learning disability and learning disorders.

This programme of free virtual workshops for parents and carers will explore nurturing the unique strengths of neurodivergent children and young people and provide advice on how to support them with the challenges they face. Any parent or carer is welcome to join regardless of whether their child has a diagnosis. The workshops are live on Zoom and are 75 minutes long. Recordings of the workshops and resource packs will be sent after the live event to everyone who has registered.

#### **Childhood Neurodiversity: Understanding and Managing Behaviour**

When distressed, neurodiverse children and young people may show behaviours that challenge the adults around them. This workshop explores how to understand behaviour and how parents/carers can support their neurodiverse children with behaviours of distress.

**Thursday 7<sup>th</sup> September 2023 – 13:00 [Book Here](#)**

#### **Childhood Neurodiversity: The Impact of Early Life Stress**

The workshop explores the impact of early life stress, or traumatic experiences, on childhood development. It will consider the similarities and differences between neurodivergent traits and the impact of early life stress and discuss neurodivergent children's vulnerability to early life stress.

**Tuesday 10<sup>th</sup> October 2023 – 13:00 [Book Here](#)**

#### **Childhood Neurodiversity: Understanding and Supporting Sensory Needs**

What are the different sensory systems? What might sensory processing difficulties look like in children and teenagers? This workshop will answer these questions and explore how parents and carers can support a child's sensory needs.

**Monday 6<sup>th</sup> November – 13:00 [Book Here](#)**

#### **Childhood Neurodiversity: Understanding and Supporting Eating Difficulties**

This workshop is for parents/carers concerned about their neurodivergent child's limited diet (i.e. avoiding or restricting certain foods). We will explore why children may struggle to eat, anxiety around eating and how parents/carers can support children with these eating struggles. This workshop is not aimed at parents of children whose eating difficulties relate to body image concerns.

**Thursday 7<sup>th</sup> December – 13:00 [Book Here](#)**

#### **Childhood Neurodiversity: Supporting Language and Communication**

This workshop will discuss language and social communication, including how parents/carers can support their children to communicate. This workshop will be co-delivered with the Integrated Community Paediatric Services Speech and Language Therapy Team.

**Tuesday 9<sup>th</sup> January 2024 – 13:00 [Book Here](#)**

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### Future workshops dates TBC:

Childhood neurodiversity: Supporting children with planning, organising and remembering

Childhood neurodiversity: Understanding and supporting sleep difficulties

Childhood neurodiversity: Supporting social relationships

Childhood neurodiversity: The benefits and problems with using technology

To find out more and book a place on a workshop scan the QR code or visit:

[www.nsft.uk/workshops](http://www.nsft.uk/workshops)



**Working together for better mental health**