

# Parent & Carer Support TALKING ASD & ADHD Workshops Spring Term 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

## ANXIETY and STRESS



- 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 signs of mental health problems.

Tuesday 12<sup>th</sup> March 9.30-11.15am

Workshop SL641 Pre-book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-stress-anxiety-641-for-parentscarers-in-herts-registration-834845624737>

Wednesday 6<sup>th</sup> March 7.30-9.15pm

Workshop SL640 Pre-book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-anxiety-stress-640-for-parentscarers-in-herts-registration-830105085657>

## 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 26<sup>th</sup> March 9.30-11.15am

Workshop SL644 Pre-book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-school-avoidance644-for-parentscarers-in-herts-registration-835261949977>

## 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.

Monday 4<sup>th</sup> March 9.30-11.15am

Workshop SL639 Pre-book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-639-for-parentscarers-in-herts-registration-829024844627>

Wednesday 13<sup>th</sup> March 7.30-9.15pm

Workshop SL642 Pre-book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-642-for-parentscarers-in-herts-registration-830098606277>

## COPING with CHANGE



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

Monday 18<sup>th</sup> March 9.30-11.15am

Workshop SL643 Pre-book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-coping-with-change643-for-parentscarers-in-herts-registration-835253344237>

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