

## Childhood Neurodiversity PST Workshop Programme

### Parent/Carer Workshops 2023 – 2024

Neurodiversity is a term used to describe people whose brains work in different ways. This programme of free virtual workshops for parents and carers will explore nurturing the unique strengths of neurodiverse children and young people and provide advice and guidance 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 neurodiverse diagnosis. The workshops are live on Zoom and 60 minutes long. Recordings of the workshops will be available after the live event.

#### **Childhood neurodiversity: What you need to know as a parent**

What is neurodiversity? What is autism, ADHD and learning disability? Does my child need a diagnosis to get support? This introductory workshop will answer these questions and introduce where parents/carers can find advice and guidance for supporting their neurodiverse children.

**6<sup>th</sup> June 2023 – 18:00** [Book here](#)

#### **Childhood neurodiversity: Managing big feelings (including anxiety and low mood)**

This workshop will explore why neurodiverse children may develop difficulties with their emotions, including anxiety and low mood and how parents/carers can support neurodiverse children with managing their big feelings.

**3<sup>rd</sup> July 2023 – 13:00** [Book here](#)

#### **Childhood neurodiversity: How the brain develops**

This workshop covers child brain development including the impact of relationships in early childhood and changes in adolescence. The workshops will also explore neurodiversity in brain development.

**8<sup>th</sup> August 2023 – 18:00** [Book here](#)

#### **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.

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

Scan the QR code to find out more and book a place on a workshop or visit [www.eventbrite.co.uk](http://www.eventbrite.co.uk) and search for Psychology in Schools Team - NSFT



**Working together**  
**for better mental health**

# Childhood Neurodiversity PST Workshop Programme

## Parent/Carer Workshops 2023 – 2024

### Future workshops dates TBC:

Childhood neurodiversity: The impact of early life stress on child development

Childhood neurodiversity: Understanding and supporting sensory processing difficulties

Childhood neurodiversity: Understanding and supporting eating difficulties

Childhood neurodiversity: Understanding and supporting communication difficulties

Childhood neurodiversity: Supporting children with planning, organising and remembering

Childhood neurodiversity: Understanding and supporting sleep difficulties

Childhood neurodiversity: The benefits and problems with using technology

Childhood neurodiversity: Supporting social relationships

**Working together  
for better mental health**