

# Parent & Carer Support TALKING ASD & ADHD Workshops Autumn Term 2022



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

## 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 warning signs of mental health problems.
- Where to access further help and support, locally and nationally.



**Wednesday 23<sup>rd</sup> November  
9.30-11.30am**

**Workshop 535 Pre-booking essential via Eventbrite Link:**

<https://www.eventbrite.co.uk/e/talking-asd-adhd-anxiety-and-stress-for-parentscarers-in-herts-535-registration-368851594047>

**Thursday 29<sup>th</sup> September  
7.30-9.30pm**

**Workshop 536 Pre-booking essential via Eventbrite Link:**

<https://www.eventbrite.co.uk/e/asd-adhd-anxiety-and-stress-for-parentscarers-in-herts-536-registration-369897783227>

**Thursday 20<sup>th</sup> October  
9.30-11.30am**

**Workshop 537 Pre-booking essential via Eventbrite Link:**

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-for-parentscarers-in-herts-537-registration-369911333757>

**Wednesday 7<sup>th</sup> December  
7.30-9.30pm**

**Workshop 538 Pre-booking essential via Eventbrite Link:**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhdresponding-to-anger-for-parentscarers-in-herts-538-registration-369918374817>

## 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.

[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk)  
[www.supportinglinks.co.uk](http://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.

## 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.

## 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.

## 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.



**Wednesday 2<sup>nd</sup> November**  
**7.30-9.30pm**

**Workshop 540 Pre-booking essential via Eventbrite Link:**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-the-teenage-years-for-parentscarers-in-herts-540-registration-374140453167>



**Monday 3<sup>rd</sup> October**  
**12.30-2.30pm**

**Workshop 539 Pre-booking essential via Eventbrite Link:**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-transition-change-for-parentscarers-in-herts-538-registration-373592714867>



**Tuesday 11<sup>th</sup> October**  
**7.30-9.30pm**

**Workshop 541 Pre-booking essential via Eventbrite Link:**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-541-for-parentscarers-in-herts-registration-374147955607>



**Thursday 10<sup>th</sup> November**  
**12.30-2.30pm**

**Workshop 542 Pre-booking essential via Eventbrite Link:**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-school-avoidance-for-parentscarers-in-herts-542-registration-374164133997>