



Families In Focus CIC

LOOKING FORWARD TOGETHER

# A Complete Guide to Parenting Children with ALL Special Educational Need

**This course is free for all parents living in Hertfordshire and caring for a primary aged child inclusive of those awaiting diagnosis or with a diagnosis of Special Education Needs, Autism, ADHD & associated needs.**

Lesley and Francine are parents, experienced and qualified trainers too.



## Topics include:

- ✓ Gain greater understanding and answer the question 'Why does my child do that?'
- ✓ Learn a range of strategies and solutions, to better manage behaviours that challenge
- ✓ Gain more understanding of anger triggers and strategies to reduce angry meltdowns
- ✓ Learn how to support siblings living with a sister/brother with additional needs / challenging behaviours
- ✓ Learn communication techniques to reduce 'emotional traffic jams' and improve your child's emotional regulation
- ✓ Learn techniques to manage stress, conflict and so much more

"I would highly recommend all parents of children with Autism go on this course - you'll be amazed how much you learn, and it's great that both Lesley and Francine are parents too, so really do understand."

**Where:** Online via Zoom

**When:** Tuesday mornings 9.30-11.30am

April 18th, 25th

May 2nd, 9th, 16th, 23rd

June 6th, 13th, 20th, 27th



Funded by Hertfordshire County Council and free for parents living in Hertfordshire

Only 12 free places available. Email [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) with name and date of course





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# Handling Anger in Your Family

Funded by HCC and FREE this 6 session CANparent Quality Award evidence based course is for parents living in Hertfordshire and parenting children from 5 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too with 20 + years personal and professional experience.

This course will enable you and your family to:

- ✓ Gain greater understanding of anger dynamics in your family
- ✓ Understand the root causes or triggers of anger in your family
- ✓ Learn proven and effective strategies that will reduce anger in your family
- ✓ Discover new ways to communicate to calm and prevent anger... before it occurs!
- ✓ Learn safe and creative ways for children to 'let go' of pent up emotions safely
- ✓ Create a calm family environment so all can talk about their emotions safely
- ✓ Gain skills to manage your family's emotional regulation
- ✓ Meet other parents in a calm, judgement-free group



"I was in a quite low place when I joined this course but each week i took away ideas to help me understand why my child was so angry and it's amazing that things are so much more brighter now and highly recommend this to understand not only children's anger but yours too!



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## Handling anger in your primary aged child with ASD or ADHD

Funded by HCC and FREE, this six session CANparent Quality Award evidence-based course is for parents living in Hertfordshire and parenting children from 2 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too, with 20 + years personal and professional experience.



"I feel empowered by the tools we were shown on this course and was at a real loss as to how to help my families anger and didn't know what to do. Others judged our family but not judged at all here. Emotional intelligence makes so much more sense now and I love the gentle but firm ideas we learnt each week."

This course will enable you and your family to:

- ✓ Gain understanding of Autism and ADHD and how behaviours can be affected
- ✓ Attain awareness of a child's sensory world and the affect on behaviour
- ✓ Understand how anger and other emotions live in your family
- ✓ Increase your understanding of triggers that cause angry outbursts
- ✓ Learn healthy anger management strategies for children and parents to reduce angry outbursts
- ✓ Discover creative ways to support children to 'let go' of anger safely
- ✓ Gain effective empathic communication techniques to reduce angry outbursts
- ✓ Meet and share experiences with other parents



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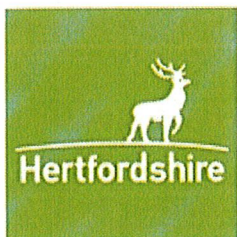
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