

PARENT SESSIONS

The Intellectual Disability team (from Doncaster CAMHs) have developed a programme of sessions with the aim of supporting what parents have in the past requested. Anyone who participates in this initial programme will have the ability to influence future sessions that can be offered. It is very important to us and your school that we get the support in the right place at the right time.

AIM: To assist Parents/Guardians to deal with behaviour that challenges in a safe manner.

Behaviours that challenge usually happen for a reason and maybe the person's only way of communicating an unmet need. The aim of this programme is to assist parents in developing an understanding of the behaviour of an individual through the development of a baseline knowledge of factors that may relate to their child's diagnosis then using this evidence to develop a toolbox of strategies.

This is not a traditional parent workshop; it adapts information from a variety of parent programmes but ultimately the focus is the parent becoming a detective and gathering evidence that informs strategies. It will involve learning, chat, debate and participation in activities most of all smiles and a relaxed atmosphere.

The sessions begin with developing an understanding of conditions, the participant is then challenged to look at behaviour using a variety of tools to break down the communication behind the behaviour. The programme encourages self- reflection, communication, antecedent, behaviour and consequences, formulation of an individual support plan looking at proactive strategies. Parenting tips and can input that can lead onto sessions requested by the group.

NORTHRIDGE SCHOOL

The Sessions require a **MAXIMUM** of ten parents.

The best results will come from attendance at all sessions.

The sessions start on the 7TH November, and run every Friday morning for 6 weeks.

Start time: 9:15 welcome and coffee

9:30 Start of session

Drinks available throughout

11:30 End of session

11:45 Vacate room.

SESSION TOPICS

Sessions one to three incorporate a basic knowledge looking at presentation, diagnosis, difficulties encountered, general strategies,

ID Team CAMHs

What is an ID?

What is ADHD

Autism

Anxiety

Sensory informed work

Mental Health

Session four to six

This is looking at being a detective, complexities, Positive behaviour support plans, hospital passports, strategies taken from ADHD specific, ASD specific, Parent programmes such as: -parenting inside out, Solihull, Playful Accepting Curious and Empathic (PACE) approaches, Peaceful Parent: Happy Kids. 123 magic. Information from the Challenging behaviour foundation.

Most importantly the knowledge and experience taken from the parents we meet.

The sessions are designed to flow with the group, with time spent on all topics with a focus on what the group require.