



Building
stronger
families

THIS IS ME

“Understanding my behaviours as I have different needs”

Workshops for parents/carers of children with AUTISM/ADHD or on a diagnosis pathway to explore and understand their child's behaviour

Written by Dr Melanie Bruce and Dr Stephanie Summers Clinical Psychologists
NCH&C

Session One:

- Introduction by Dr Mel Bruce
- AUTISM/ADHD what do we know
- Understanding your child's needs

Session Two:

- Needs and behaviours
- Introducing the bucket model

Session Three:

- Effective communication

Session Four:

- Sensory awareness
- Routine praise and rewards

Session Five:

- Awareness of behaviours (keeping notes)
- Environment
- Understanding meltdowns
- Repair, reflect and restore

Session Six:

- This Is Me plan
- Building a TIM plan



“Thank you for providing families with so much brilliant information and resources they otherwise wouldn't know about. You're doing a fantastic job and it's been eye opening and interesting to take part in the sessions, I really appreciate the work you are doing and the help and knowledge you provide”- parent attending workshop

www.family-action.org.uk

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