

family
action

This is ME Parent Workshops

"Understanding my behaviours as I have different needs."



For parents/carers of little/young people with Autism/ADHD or on a diagnosis pathway, where we will explore and understand your little person's behaviour. Written by Dr Melanie Bruce and Donna Summers and developed by Family Action, with support from parents and carers.

Session One:

- Introduction by Dr Mel Bruce
- Autism/ADHD what do we know
- Understanding your little/young person'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

To contact us please email:
helpinghandsbc@family-action.org.uk

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more
information



"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 its 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 a workshop.



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