

*Invaluable specialist services,
parenting programmes and support
provided through insight and
understanding and with compassion!
Thank you.*

WE OFFER

Parenting Courses & Workshops
Sleep Courses, Workshops & Clinics
Workshops for Practitioners
Diagnosis Support and Helpline
Looked After and Adopted Children Service
Family Events

CALL

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CONNECT

Visit www.parentingspecialchildren.co.uk and sign up to our **monthly newsletter** or, find us on [f /parentingspecialchildren](https://www.facebook.com/parentingspecialchildren) and [@pscruth](https://www.instagram.com/pscruth).

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**PARENTING SPECIAL
CHILDREN**

Specialist support for Berkshire families who have

*Children + Young People
with Special Needs*

0118 986 3532

www.parentingspecialchildren.co.uk

Diagnosis Support & Helpline Service

The Diagnosis Support & Helpline Service offers one to one support, signposting and information to families who have recently received a diagnosis for their child/young person or are awaiting an assessment.

This service can support parent/carers in a variety of ways:

- A pre-booked telephone consultation
- Ring our Helpline
- E-mail conversation
- Face to face meetings

Pre and Post Assessment workshops

FOR AUTISM

- Introduction to Autism
- Anxiety and Autism
- Behaviour and Autism

FOR ADHD

- Introduction to ADHD
- Anxiety and ADHD
- Behavior and ADHD

SENSORY PROCESSING WORKSHOP

- Unpicking the science behind Sensory Processing
- Sensory overload, sensory seeking behaviour – what does this mean?
- Strategies to support child/young person

Sleep service

All sleep practitioners have attended 3-5 day specialist sleep training.

Sleep Courses for parent/carers

The sleep courses cater for small groups of parent/carers and are 2 x two hour sessions held during the school day, of an evening or a Saturday morning.

Sleep Workshops for practitioners

Sleep Workshops are also regularly held for practitioners working with families providing practitioners with an understanding of sleep cycles, common sleep disorders and strategies for supporting families with sleep difficulties.

Individual sleep clinics

The Sleep Service also offers individual sleep clinics to families who have attended a Sleep Course but who need some extra support. For a small number of parent/carers of children with very complex needs, a Sleep Course may not be appropriate and a Sleep Clinic appointment is an alternative.

Young people and Sleep

Parenting Special Children are able to offer sleep workshops in schools for children and young people.

“Amazing course, I now feel hope (and sleep)!”

Looked After & Adopted Children (LAAC) Service

This specialist service is available to adopters, foster carers, special guardians and other family members of LAAC with special needs.

Topic based workshops and events

The LAAC service hosts regular monthly topic based workshops and regular guest speaker events for families of LAAC.

Specialist parenting programmes

The service offers 7 week Attachment Focused parenting courses especially adapted for families with short and long term placements focusing on trauma sensitivity and therapeutic parenting/care giving.

Workshops for practitioners

We also offer regular and bespoke workshops for practitioners who are supporting children with development trauma, attachment difficulties and special needs.

“Thank you! The information and support have been invaluable”

Parenting Programmes

We offer a wide range of courses and workshops for families of children and young people with special needs for parent/carers both pre and post assessment.

Time Out for Parents – Children with Special Needs

Seven week programme, each session 2 hours.

TOPICS INCLUDE:

- Helping self esteem
- Coping with feelings
- Understanding and managing behaviour
- Home school issues
- The wider family

Time Out for Autism

Five week programme, each session 2 hours.

TOPICS INCLUDE:

- Understanding autism
- Strategies for aiding communication
- Supporting social interactions
- Meeting sensory needs
- Managing anxiety

Time Out for ADHD (Attention Deficit Hyperactivity Disorder)

Five week programme, each session 2 hours.

TOPICS INCLUDE:

- Core symptoms of ADHD
- Hyperactivity, Impulsivity and Inattention
- Strategies for managing behaviour
- Medication

Monthly topic based workshops

The topic based workshops are led by PSC specialist practitioners and are open to parent/carers pre and post diagnosis and cover a wide range of topics.

Parenting Special Children is a Berkshire based charity.

The majority of our services are FREE for Berkshire families.