

# Parent & Carer Support

## TALKING ASD & ADHD

### FREE Workshops



## Autumn Term 2023

For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

### Tech Use



- What you can do to keep your child safe online.
- Why it is so hard for them to switch off and what you can do to help.
- What you can do to support any difficulties with behaviour when your child is playing.
- The effect of using their devices as a reward or consequence.
- Managing difficult conversations with confidence.
- Teaching your child to develop their own methods of regulating device use and staying safe.

**Wednesday 15<sup>th</sup> November**  
**9.30 to 11.15am**

**Workshop 608**

**Book via Eventbrite Link:**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-608-for-parentscarers-in-herts-registration-629208608887>

### School Avoidance



- What is Emotionally Based School Avoidance and is this what your child is experiencing?
- Common causes and triggers of school avoidance.
- How EBSA is affecting you and your family.
- Practical steps you can take to support your child.
- How to work with your school in your child's best interests.
- Where to access further help and support, both locally and nationally.

**Thursday 19<sup>th</sup> October**  
**9.30 to 11.15am**

**Workshop 607**

**Book via Eventbrite Link:**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-school-avoidance-for-parentscarers-in-herts-607-registration-629197084417>

### The Teenage Years

For parents and carers of children aged 11-25yrs



- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- Strengthening your parent/child relationship.
- How to agree appropriate boundaries and teach risk assessment.
- Adapting our parenting approach to help our teens become independent adults.

**Wednesday 22<sup>nd</sup> November**  
**7.30 to 9.15pm**

**Workshop 609**

**Book via Eventbrite Link:**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-the-teenage-years-for-parentscarers-in-herts-609-registration-629219070177>

Workshops provided free to parents  
by Hertfordshire County Council's  
Targeted Parenting Fund



**Hertfordshire**

**Workshops are open to parents and carers living in Hertfordshire**

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