

Parent and Carer Support TALKING ASD & ADHD Workshops Spring Term 2022

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



ANXIETY and STRESS

We will help you to learn about:

- The difference between stress and anxiety.
- Understanding anxiety related conditions amongst young people with ASD and/or ADHD.
- How to spot the non-verbal signs of stress.
- Common triggers amongst neurodiverse children.
- What an anxious child needs to feel safe and how to provide this.
- Strategies to engage an anxious or stressed child.
- The early warning signs of mental health problems.
- Where to access further help and support, locally and nationally.

Monday 17th January

9.30-11.30am

Workshop 482 Pre-booking essential via Eventbrite Link:

[Talking ASD and ADHD: Anxiety and Stress.](#)
[For parents/carers in Herts Registration, Mon 17 Jan 2022 at 09:30 | Eventbrite](#)

Tuesday 22nd February

7.30-9.30pm

Workshop 483 Pre-booking essential via Eventbrite Link:

[Talking ASD and ADHD: Anxiety and Stress.](#)
[For parents/carers in Herts Registration, Tue 22 Feb 2022 at 19:30 | Eventbrite](#)

RESPONDING TO ANGER

We will help you to learn about:

- The difference between healthy & unhealthy anger.
- The pattern that anger takes and how to spot the non-verbal signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.
- Where to access further help and support, both locally and nationally.

Tuesday 18th January

7.30-9.30pm

Workshop 484 Pre-booking essential via Eventbrite Link:

[Talking ASD and ADHD: Responding to Anger.](#)
[For parents/carers in Herts. Registration, Tue 18 Jan 2022 at 19:30 | Eventbrite](#)

Thursday 24th February

9.30-11.30am

Workshop 485 Pre-booking essential via Eventbrite Link:

[Talking ASD and ADHD: Responding to Anger.](#)
[For parents/carers in Herts. Registration, Thu 24 Feb 2022 at 09:30 | Eventbrite](#)

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Follow on:



THE TEENAGE YEARS

For parents and carers of children aged 11-25yrs

We will help you to learn about:

- 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.

LOSS and SEPARATION

We will help you to learn about:

- The impact that separation, divorce or bereavement has on children with ASD/ADHD
- Responding to the fall out - the emotions and the behaviour.
- Preparing for the difficult conversations with your child
- How to deliver 'bad news'
- Preparing your child for change
- Managing your own difficult feelings and helping your children to manage theirs

TECH USE

We will help you to learn about:

- How your child's diagnosis increases vulnerability online.
- What you can do to support any difficulties with online behaviour.
- Recognising when something is wrong.
- Managing difficult conversations with confidence.
- Setting and maintaining boundaries for online use.
- Teaching your child to develop their own methods of regulating internet use and staying safe.

Thursday 31st March

7.30-9.30pm

Workshop 486 Pre-booking essential via Eventbrite Link:

[Talking ASD and ADHD: The teenage years. For parents/carers in Herts Registration, Thu 31 Mar 2022 at 19:30 | Eventbrite](#)



Monday 7th February

9.30-11.30am

Workshop 487 Pre-booking essential via Eventbrite Link:

[Talking ASD and ADHD: Understanding Loss & Separation. Registration, Mon 7 Feb 2022 at 09:30 | Eventbrite](#)



Tuesday 8th February

7.30-9.30pm

Workshop 488 Pre-booking essential via Eventbrite Link:

[Talking ASD and ADHD: Tech Use. For parents/carers in Herts. Registration, Tue 8 Feb 2022 at 19:30 | Eventbrite](#)



Workshops are open to parents and carers living in Hertfordshire