

**Respect for All. Learners for Life.**

## Parent Training

1. **“Understanding and supporting my child’s ADHD” programme comprises of 3 x 1hr webinars, with an opportunity for Q&A afterwards.**

The breakdown of the sessions are as follows:

- Neuroscience of ADHD
- Sleep and Wellbeing with ADHD
- Stress Response and Self Resilience

2. **Understanding ASD webinars, 2 x 1hr 15min, with Q&A afterwards**

The ASD programme is as follows:

- Understanding ASD presentations and sensory sensitivities
- ASD, Co-morbidity and complexity

3. **Understanding Behaviour webinars, 2 x 1hr 15min, with Q&A afterwards**

- Functions of behaviour
- Promoting the Behaviour we would like to see

All programmes are delivered virtually over **GoTo** Webinar, and are available on a rolling programme that covers a wide variety of dates and times.

**If you would like to attend any of the sessions please ring the office and speak to Mrs Gordon. 0151 228 4069.**