



Parenting Special Children

Understanding and supporting our children's behaviour during the COVID-19 lockdown

A series of 3 linked workshops for parents and carers of children with SEND

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| Monday 20, 27 April & 4 May | 7.30pm-9pm | (series 1) |
| Wednesday 29 April, 6, 13 May | 7.30pm-9pm | (series 2) |
| Monday 11, 18, 25 May | 7.30pm-9pm | (series 3) |

Delivered by Jo Billington, Doctoral Researcher at the Centre for Autism at the University of Reading, Lecturer in SEND at Oxford Brookes University, trainer at Parenting Special Children & the Charlie Waller Memorial Trust, and parent of autistic boys.

This series of 3 x 1.5 hour online workshops has been developed to support families of children with SEND during the Covid-19 lockdown.

These workshops have been designed for parents and carers of children who are showing behaviours of concern such as anger, aggression and physical harm. They aim to explore the underlying causes of such behaviours and provide practical positive strategies for reducing stress and creating a calm environment.

The workshops are written and delivered by parents of children with SEND who have personal experience of the issues raised.

Workshop 1: parental self-care

This workshop focuses on the importance of parental wellbeing. We will start by thinking about our own stress levels and how we can identify and respond to our own needs.

- Why is parental self-care important?
- Understanding our own stress levels and responses
- Developing healthy coping strategies
- Being stress-aware
- Sources of help and support

Workshop 2: Understanding our children's behaviour

This workshop looks at some of the potential causes of stress in children with SEND at this challenging time. We will look closely at how these triggers may link to behaviours of concern and how we might be able to respond positively to them.

- The relationship between stress, anxiety and behaviour
- Being curious about the causes of behaviour
- Developing security in these uncertain times
- Understanding the role of the sensory environment

Workshop 3: Supporting our children's emotional regulation

This final workshop looks at how we can support our children's emotional regulation so that the whole family can identify and respond to stress in positive ways.

- What is emotional regulation
- Understanding and reducing demands
- Building an emotional vocabulary
- De-escalation – the Low Arousal Approach
- Crisis Management

Website

<https://www.parentingspecialchildren.co.uk/event/understanding-supporting-childrens-behaviour-during-the-covid-19-lockdown-2/>

Eventbrite

Course starting 29th April:

<https://www.eventbrite.co.uk/e/103315575668>

Course starting 11th May:

<https://www.eventbrite.co.uk/e/102883619676>

Facebook

<https://www.facebook.com/events/227752808311076/>