

Small Steps Workshop

For parents and carers of children up to the age of 19 years, with indicative behaviours or a diagnosis of Autism and or Attention deficit hyperactivity disorder, (ADHD).

For children and young people on the Concerning Behaviours Pathway and allocated Small Steps support from a Senior Practitioner: **Parents/Carers are expected to attend this tier two intervention to enable the senior practitioner to complete a thorough assessment.**

The workshop provides help and support for the following: Understanding of ASD & ADHD, sleep, toileting, routines, behaviour, teenagers, local and national support, communication and emotional health.

The workshop is delivered over two virtual sessions, lasting two hours per session. Parents are able to choose the preferred dates and times. Due to national Covid restriction this is being delivered virtually and will be phased back to group workshops within the community.

Cygnets Parenting

A parenting online support programme for parents and carers of children and young people aged 5-18 with a diagnosis of Autism. Completing the online Cygnets Program gives parents and carers an opportunity to develop their understanding of Autism and look at practical solutions to support their child.

Due to current national Covid restrictions, parents complete an online course provided by Barnardos with information about Autism, communication, behaviour, sensory needs and useful suggestions to support the family, child or young person.

In addition to the online support parents and carers are able to attend two live virtual meetings to review the course and gain the support and advice from other parents and the Small Steps family support workers.

Group programs will be reintroduced in communities as Covid restrictions are phased out. Group programs are delivered over seven sessions.

ADHD

This virtual workshop is tailored for parents and carers of children and young people 3- 19 years, who have a diagnosis of ADHD or when the child displays indicative ADHD behaviour.

This ADHD workshop is delivered over four live sessions during the current nation restrictions, due to Covid 19. The objective of the ADHD Workshop is to raise awareness and understanding ADHD behaviours so parents can explore and apply practical solutions and help nurture their child's development and wellbeing.

Contents of this ADHD Workshop include behaviour, sleep, sensory needs, local and national support and information, helpful resources, teenagers, transition and support for learning.

Befriending support and volunteering

Befriending help is for the parent of a child with a diagnosis ASD or ADHD, or when following the Concerning Behaviours Pathway. The support is delivered by a Family Action Volunteer. This help may be delivered through phone or virtual contact.

The support aims to reduce parent's feelings of isolation and provide encouragement and confidence to parent a child with ASD/ADHD or indicative.

Adults who are interested in becoming a Befriender to help parents will contact denise.elliott@family-action.org.uk

