



# COURSES FOR PARENTS

## Spaces still available on these courses in January

**NEW FOREST PARENTING PROGRAMME**  
SUPPORTING CHILDREN 3-16 WITH ADHD

**ABOUT THE COURSE**

This **6-week course** aims to improve parents' and carers' knowledge of ADHD and how it affects their child. Meet other parents and learn ways to:

- **accept and celebrate** your child as they are
- support your child and **build their skills**
- **reduce your stress** as a parent
- **manage difficulties**

To better meet the needs of different age groups, we now offer NFPP as two separate courses, under 12's and 12 - 16. This allows the teen course to also focus on:

- understanding how **neurological and physiological changes in adolescence** interact with ADHD behaviours

**Who is it for?** Parents & carers of children aged 3 - 16 who have a diagnosis of ADHD or ADHD type characteristics

**3-11, 6<sup>th</sup> January, Online, 6.30pm**

**CLICK HERE TO BOOK**

**Teen, 17<sup>th</sup> January, Saturdays, 10am**

**CLICK HERE TO BOOK**

**STRENGTH BASED PARENTING**

**ABOUT THE COURSE**

Research has shown that children who have parents that are **strengths-focused** have higher levels of well-being, life-satisfaction and resilience.

This 6 week course helps parents to:

- understand more about strengths and how to spot them in their children
- identify their own strengths and how to use these when challenges arise
- increase well-being and reduce stress

**Who is it for?** Parents & carers of children aged **6 to 18**

**8<sup>th</sup> January, The Bridge, 5.30pm**

**CLICK HERE TO BOOK**

**NATIONAL AUTISTIC SOCIETY'S EARLYBIRD**  
SUPPORTING CHILDREN WITH AUTISM AGED 0-16

Our EarlyBird course is designed to support parents and carers of children who have an Autism diagnosis To ensure the content is relevant and age-appropriate, the course is split into three:

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### EARLYBIRD 0-6 AND EARLYBIRD PLUS 5-10

The National Autistic Society's EarlyBird is a **6-week** post-diagnostic support programme.

During the course, you will learn more about autism following your child's diagnosis.

Learn how to:

- understand **sensory difference**
- develop **basic play** and **social skills**
- improve communication and **support interactions**
- **understand and support** your child's behaviour

**Who are these for?** Parents & carers of children aged 0 to 10 who have a diagnosis of autism

**0-6, 8<sup>th</sup> January, The Bridge, 5.30pm**

**CLICK HERE TO BOOK**

### TEEN LIFE 10-16

The National Autistic Society's Teen Life is a 6-week course for parents and carers of young people who are on the autism spectrum.

During the course, you will learn more about :

- how **autism is experienced** by autistic teenagers
- useful strategies and ideas to support an **autistic young person** through their teenage years
- experiences from **other parents**

**Who is it for?** Parents & carers of children aged 10 to 16 who have a diagnosis of autism

**30th January, Enid Quenault, 10.30am**

**CLICK HERE TO BOOK**