A free online daytime course for parents/carers of teens in Welwyn Hatfield District

Facilitated by ADHD/Autism Specialist Trainers from ADD-vance

ADD-vance Understanding Teens with ADHD and Autism

This 6-week course is designed to help parents/carers build on their existing skills to support their teens with ADHD and/or Autism

Tuesdays and Thursdays
at
10 - 11 am
from
28th April to 11th June 2020

(all sessions must be attended)

Priority will be given to residents of Welwyn Hatfield District

Please book via Eventbrite:
https://add-vance-welhat-understanding-teens-summer-2020.eventbrite.co.uk

ADD-vance

The ADD-vance ADHD and Autism Trust
Working to support people with ADHD and Autism in Hertfordshire

Foundation House, 2-4 Forum Place, Hatfield, Herts AL10 0RN
Helpdesk: 01727 833963 Email: Herts@add-vance.org
Web: www.add-vance.org Reg. Charity No. 1158968

Hertfordshire

Who is this course for?

Parent/carers of pre-teens and teens aged 12-15 (or 11 and already at secondary school) with a diagnosis or suspected diagnosis of ADHD and/or Autism. A basic knowledge of ADHD and/or Autism is assumed.

Every course is bespoke to the needs of each group. Learning Outcomes may include:

- Understanding of neurological and physical changes for all teens and how these are magnified for Autism/ADHD
- Tips and strategies for managing issues around hygiene, need for privacy, body changes etc.
- Psycho-education on Autism and ADHD and how it feels to be different and coming to terms with diagnosis
- Supporting parent/carers to develop strategies and tools to teach, foster and build positive relationships for their young people
- Understanding the importance of empathy, listening, side-by-side communication, problem solving and negotiation
- The importance of giving responsibility
- The dos and don'ts of rules and boundaries
- Understanding anxiety and developing strategies to manage and regulate emotions
- Spotting the signs of secondary mental health disorders such as: anxiety, depression and eating disorders
- Understanding the importance of good self-esteem for both parents and young people and how to develop healthy self-esteem
- Understanding how to safely manage growing levels of independence
- Understanding and managing risk taking behaviours
- The importance of building a positive, collaborative relationship with secondary education and how to advocate for your child
- Looking ahead to the future

When and where will the course take place?

On Tuesdays and Thursdays from 28th April to 11th June 2020, 10 to 11 am

(no sessions during half term week).

The course will be delivered online via Zoom with a maximum of 10 participants. It will run as a series of 12 x 1 hour sessions over 6 weeks..The sessions can be accessed free via a PC, laptop, tablet or smartphone. Joining instructions will be provided beforehand and the first session will provide an opportunity to practice using the technology.

How do I book a place?

Please book via Eventbrite:

https://add-vance-welhat-understanding-teens-summer-2020.eventbrite.co.uk

Priority will be given to residents of Welwyn Hatfield District which includes the surrounding villages

Places are limited, so please do book early to avoid disappointment.