



This 5 week course is for parents who have a child with additional needs. We give space and time to look at the challenges they face, including coping with their feelings and those of other family members, managing difficult behaviour and dealing with professionals.

The course is fun and interactive and there is input from the facilitators, small group exercises, whole group discussion and lots of opportunities for parents to bring up their own issues and share ideas.

OVERVIEW of the Additional Needs course

		Content covered
1	Understanding their needs: Emotional needs & self-esteem	<ul style="list-style-type: none"> • What are special educational needs? • Reaching their potential • Raising children’s self-esteem • Meeting emotional needs • In for the long haul
2	Building relationship & Understanding behaviour	<ul style="list-style-type: none"> • The importance of play • Special time • Parenting styles • House rules • Understanding behaviour
3	Managing behaviour	<ul style="list-style-type: none"> • Principles of managing behaviour • The behaviour “toolkit” • Troubleshooting • Choices and consequences • Questions
4	Coping with feelings (theirs, yours, other peoples’)	<ul style="list-style-type: none"> • Labelling • Talking to your child about their condition • Handling other people’s comments • Reactions and feelings • Coping with feelings
5	Handling Wider support	<ul style="list-style-type: none"> • Home and school issues • Tips on learning and social skills • Communicating with professionals • Dads • Brothers and sisters • Grandparents and other relatives

Sessions last for 2 hours and are run by 2 trained facilitators (volunteers or employees) from Family Matters York. For further details, please contact Jen Wootten, Parenting Support Lead, via jenwootten@fmy.org.uk or 07393 147259