



Families in Focus CIC has free places for parents on

## A Complete Guide to Parenting Children with Additional Needs



This popular, tried and tested parenting course is facilitated by Francine & Lesley who are experienced and qualified trainers, one of whom has a son with Autism and challenging behaviour. Ten sessions of two hours sharing tried and tested techniques and strategies to parent children with a range of additional needs and/or disabilities effectively in the 21<sup>st</sup> Century.

### Topics included:

- ✓ Exploring the challenges and stresses of parenting children with additional needs.
- ✓ Gain understanding and build resilient family relationships by sharing the emotional journey of parenting children with SEND.
- ✓ Strategies, solutions, tips and ideas on managing behaviours that challenge.
- ✓ Issues siblings may experience as a result of living with a sister/brother with additional needs/challenging behaviours.
- ✓ Tried and tested communication techniques to reduce angry outbursts
- ✓ Techniques to manage conflict and so much more....

*"We learned so much on this course from managing behaviour to coping with stress and even how to support our child in becoming more independent! Learning one of the facilitators has an older son with Autism made such a difference."*

### Where:

Allsorts Children Centre  
St Marys CE High School  
Lieutenant Ellis way  
Chesthunt  
EN7 5ED

### When:

Wednesdays

12.30pm to 2.30pm

June 17<sup>th</sup>, 24<sup>th</sup>

July 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>

break over summer

September 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>

October 7<sup>th</sup>, 14<sup>th</sup>



Families In Focus CIC

To book a free place on our parenting course  
contact Francine & Lesley:  
[info@familiesinfocus.co.uk](mailto:info@familiesinfocus.co.uk)  
Tel: 01442 219 720  
[www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)