

PARENTING SPECIAL CHILDREN

15 Years of Empowering Berkshire Families

About Us

Parenting Special Children is a Berkshire based charity founded in 2006. Over the last 15 years, the charity has grown exponentially. Our services include: parenting workshops and courses; trauma and attachment; one to one specialist family support; neurodiverse children's groups; family events; sleep; support groups (dads/male carers, adopters, kinship carers, foster carers, community support in areas of deprivation), transition into adulthood and a dedicated helpline. We support over 3000 families and professionals each year.



Commission us:

- Parent/Carer training
- Professional training
- One to One Work
- Bespoke Training

Training Brochure

www.parentingspecialchildren.co.uk

Our Team

The Parenting Special Children team brings a wealth of personal and professional knowledge. 95% of the team are parents to children with additional needs themselves, meaning the level of first-hand expertise is second to none. Plus our team of parenting practitioners offer a wealth of professional experience, from doctoral researchers to teachers, occupational therapists to social workers, counsellors to nurses. Our sleep workshops are delivered by NHS trained sleep practitioners.

At Parenting Special Children, alongside specialising in trauma, we offer an extensive training package to parents and professionals. Topics include: trauma, attachment, sleep, Adverse Childhood Experiences (ACEs), neurodiversity, Attention deficit hyperactivity disorder (ADHD), autism, Reactive Attachment Disorder (RAD) and sensory processing. Our online training has been commissioned throughout the UK.



"Thank you for working closely with my colleagues. I have had excellent feedback and we have taken a huge progressive step forward in our learning and development since working with you. We are all very grateful"



"The workshops have opened my eyes. Insightful and empowering for me to learn how to relate to my children"

Trauma and Attachment

Examples of workshop topics:

- Understanding and mitigating the impact of ACEs & early life trauma
- Supporting the recovery of children with insecure attachments
- Understanding and managing secondary trauma & compassion fatigue
- Understanding & managing reactive attachment disorder (RAD)
- Sleep well (trauma - informed)
- Answering difficult questions about birth family & life story
- Supporting children with trauma and insecure attachments at school
- Understanding challenges for children affected by alcohol during pregnancy (Foetal Alcohol Spectrum Disorder)

Courses - 14 hours of total learning, split over weekly sessions.

- Attachment focused parenting/ caregiving, for adopters, foster carers, kinship carers and care home staff
- Attachment focused re-parenting, for birth families of children affected by early life trauma

Workshops and courses vary in duration.



Trauma and Attachment Examples of learning outcomes

Increased understanding of the impact of ACEs and early life trauma and strategies for recovery

Gained knowledge on the impact of early life trauma and insecure attachments on children's brains and bodies

Increased awareness of what trauma informed practice looks like and how to embed this into working with children and families

100%

of delegates said they would recommend our training to other colleagues

Increased awareness of various attachment styles and tools to improve attachment relationships

Neurodiversity

Examples of workshop topics:

- Co-occurring conditions with neurodiversity, understanding the different diagnoses and managing them
- Neurodiversity in girls and women, examining their unique strengths and challenges
- Supporting neurodiverse children and young people experiencing social interaction challenges
- Understanding symptom overlap – trauma, attachment and neurodiversity
- Managing challenging behaviours, identifying triggers and de-escalation
- Routines & rituals and emotional dysregulation

Workshops vary in duration.



Neurodiversity Examples of learning outcomes

Greater understanding of the overlap between various diagnoses and how to manage them

Able to identify resources and relevant support services

Increased awareness of challenges associated with neurodiversity and sensory processing

Be able to identify overlap of various diagnoses and have tools to support neurodiverse children

97%

of delegates said that they had gained new knowledge on how to meet the needs of children in their care

ADHD

Examples of workshop topics:

- Introduction to ADHD - What is ADHD? strengths and difficulties, signposting to support
- Anxiety and ADHD - examining the relationship between anxiety and ADHD
- Managing ADHD behaviours - looking at breaking down ADHD behaviours, de-escalation and behavioural management strategies
- Managing challenges Vs strengths and opportunities for children with ADHD

Course Time Out for ADHD.

A five week course looking at applying practical and proven strategies to boost relationships and self-esteem

Workshops and courses vary in duration.

"A great course that has made me think about refining my practice"



ADHD Examples of learning outcomes

Increased knowledge of resources and services for those living and working with ADHD children

Gained knowledge of how ADHD is distinguished from and relates to other neurodevelopmental issues

Gained confidence to support parents and improve family relationships

Improved understanding of ADHD behaviours and the impact on the family

99%
of delegates who attended our training said they found them 'useful' or 'very useful'

Gained tools and strategies to support the education of children

Sleep

Examples of workshop topics:

- Sleep for families of children and young people with special needs
- Sleep for professionals
- Sleep and anxiety
- Sleep for young people with additional needs
- Sleep for children in mainstream and special needs schools
- Sleep for young people with learning difficulties

Workshops vary in duration.

"Thank you so much for all your help and what a fantastic presentation - very well put together"



Sleep Examples of learning outcomes

Greater understanding of children's sleep cycles and sleep needs

Gained knowledge of night settling and understanding the reason behind night waking

Gained understanding of the importance of sleep and sleep hygiene

Increased understanding of the link between sleep and anxiety

100%
of delegates who attended our training reported an increase in confidence

Improved knowledge of mindfulness and breathing techniques in relation to sleep

Autism

Examples of workshop topics:

- Introduction to autism - What is autism? strengths and difficulties, signposting to support
- Anxiety and autism - examining the relationships between anxiety and autism
- Managing autistic behaviours - looking at breaking down autistic behaviours, de-escalation and Behaviour Management Strategies
- Managing sexualised behaviours in autistic children
- Managing challenges Vs strengths and opportunities for autistic children

Course Time out for autism.

A five week course looking at applying practical and proven strategies to boost relationships and self-esteem.

Workshops and courses vary in duration.



Autism Examples of learning outcomes

Able to identify
resources and
relevant support
services

Improved understanding
of how autism is
distinguished from and
relates to other
neurodevelopmental
issues

Increased
awareness of
challenging
behaviour and
its causes in
autistic children

Gained confidence to
support parents in
recognising autistic
behaviours and
improving family
relationships

Increased awareness
of strategies to
manage behaviours,
improve regulation
and promote safety

95%

of practitioners said
their understanding and
knowledge had increased
as a result of attending
our training



Sensory Processing

Workshops delivered by an Occupational Therapist, including: Sensory processing; Sensory processing, food and meal times; and Interoception.

Child to Parent Violence

Who's in Charge - A 9 week child to parent violence (CPV) programme providing a therapeutic approach for parents/carers of children and young people with special needs who are violent or aggressive.

One to One Support

Alongside generic and bespoke training, we are also able to offer specialist one to one support to those families facing more complex challenges. To find out more, please contact us directly.



Bespoke Training

Our bespoke packages are tailored to meet your specific training requirements.

Schools / Local Authorities / Commissioning Groups

We can train your team(s) for example teachers, teaching assistants, support workers, and care home teams. Plus we can offer training to your parent/carers.

Employers

We offer well being training for your employees for example 'parental self care'. We can tailor all of the topics mentioned in this brochure and additional topics to meet your specific requirements.

Email: commission@parentingspecialchildren.co.uk to discuss your bespoke training needs.



Companies and Partners who have commissioned our training



Testimonials

"Another excellent training session for our care homes! The manager observed the variance in practice, empathy, understanding from the staff who attended the training in comparison to the staff who did not attend. They are already asking about the next training."

"Thank you for training at our school, it was insightful and has had an interesting and positive effect on the depth of self reflection amongst staff"

Contact Us

The Arcade Building, 11 Glebe Road, Reading, Berkshire. RG2 7AG

Phone: 07500 820090

Email: commission@parentingspecialchildren.co.uk

www.parentingspecialchildren.co.uk

Find Us:

Instagram: @parenting_special_children

Facebook: @parentingspecialchildren

Twitter: @PSCRuth

Linkedin: parentingspecialchildren

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Registered Company in England Number: 7351094