

Sheffield Parenting Hub offer a range of support for families of children with Special Education Needs and Disabilities. If you would like to discuss any of these further please contact us through the routes below

Seminars

These are one off sessions that last 90 minutes targeted at a universal level for parents of children aged 0-12. They give parents strategies that they can go away with to use with their child with no further support. Seminars are currently being delivered via Zoom.

0-12 SEND - Helping your Child Reach their Potential

This seminar looks at ideas to support parents to help their child get off to a good start by looking at:

Choosing a skill to teach | Break the skill into steps | Choose rewards | Decide when and where to teach | Use effective teaching strategies | Keep track and review progress

0-12 SEND - Changing Negative Behaviour into Positive Behaviour

This seminar looks at common behaviour problems and key steps to manage them:

Track the behaviour | Understand why behaviour is occurring | Change events that occur before the behaviour | Encourage alternative behaviour | Put your plan into action

0-12 SEND - Positive Parenting for Children with a disability

This seminar promotes strategies for helping parents raise healthy well-adjusted children by looking at:

Parents Hope and Dreams | Developmental delay and disability | Some realities of being a parent | Children's behaviour, the tough part of being a parent | What is positive parenting? | Seven Key principles of being a parent.



Seminars continued



Time to Sleep Seminar (ASD)

Sleep hygiene is the behavioural and environmental factors that are necessary for a quality night time sleep and full day time alertness. This is an information session for parents/carers of children who have a diagnosis of ASD only. The session will cover:

- The importance of sleep
- How much sleep do children need
- Possible effects of poor sleep
- Introduction to the sleep cycle
- How to promote good sleep
- What makes a good routine

Level 4 Group Programmes - Targeted/Partnership Plus

These are evidence based programmes delivered weekly, over a number of weeks. These are more intensive programmes for support. A diagnosis is not essential to engage in these programmes.

Stepping Stones

This programme is for parents of children 0-12 who have a child with a disability or additional need. The programme builds parenting skills for promoting children's development, social competence and self-control and is delivered in a group setting

Duration: 10 - 12 weeks

EPEC - Being a Parent of a Child with Autism Spectrum Disorder

This course will help parents/carers of children with Autistic Spectrum Disorder. The programme explores ways of managing behaviour, raising self esteem and confidence. It is run by parent volunteers who have completed the Empowering Parents Empowering Children training and their experiences, backgrounds, skills and qualities make each session inviting and engaging.

Duration: 10 weeks



Level 5 Group Programmes - Acute/Specialist

These programmes are enhanced versions of evidence based programmes based around specific specialist need. These programmes tend to be for families who have a diagnosis

Incredible Years ASD

A 15 week programme for parents of children aged 2-8 years that may be displaying complex challenging behaviour. It tailors to each child's individual needs and their development. It strengthens parent-child interactions and attachment, reducing harsh discipline and fosters parents' ability to promote their children's social, emotional, and language development.

Incredible Years has been evaluated for over 30 years working with families of children with ADHD, ASD and Language delays all over the world and has been proven to work!

Duration: 15 weeks



Triple P ASD

A ten week programme of Teen Parenting and Mood Management strategies. Based on Triple P's proven parenting strategies, it gives ways to deal with the kinds of teenager behaviour problems & issues that can make family life stressful. It gives parents practical strategies around managing emotions and behaviours common in young people with ASD including strategies to identify and control feelings that can help with their child's emotional development.

Duration: 10 weeks



For any further information, please contact us

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