

LODDON CHILD HEALTH AND WELLBEING LOCAL

INFORMATION SESSIONS BLURB

ADHD What is it and how do I help?

The ADHD brain is different to other brains. Using video material this session will show you what ADHD is like for your child and provide lots of strategies to help you support their development. We can also answer questions you have about your child and their behaviour.

Managing Big Feelings

Big feelings include anger, sadness, worry, and distress of any kind are hard to navigate. This session introduces you to the feelings thermometer and will help you understand your own feelings better so that you can help your child with their big feelings.

ASD, What is it and how do I help?

Autism Spectrum Disorder is a condition that affect the social skills, communication and behaviour of a person. Each person on the spectrum has a different range of issues. This session will help you to understand the complexity of Autism and how you can pivot your parenting to support your child.

All about anger

Anger is common in children. This session provides information on what happens in the body and brain when your child is angry. We also cover triggers for anger and ideas on how to firstly ride out angry feelings, but also how to reduce angry outbursts by using settling strategies through-out the day.

Sleep issues

Sleep is so important for you and your child. This session gives lots of information about the biology of sleep and ways to support your body as you go into sleep at nighttime. This includes a sleep routine, exposure to light and technology and setting up a supportive space for sleep. Ways to help your child settle and get to sleep including strategies for a child who is resisting bedtime is discussed. It is aimed at children who are in the 2-10 age group rather than babies.

Sensory Processing

Our senses are part of how we engage with the world. Some people are very sensitive and easily triggered by the world around them. We can also use our senses to help ourselves calm and settle. This session introduces you to understanding sensory triggers and using the senses to settle your feelings.

Anxiety and worry in Kids

Anxiety is very common in children. Understanding what anxiety is and what happens in the body when your child is anxious will help you to support your child to soothe and calm when they are anxious. This session provides strategies and involved practicing some of these strategies so you can try them at home.

Stop the tech

What happens when your child is on technology a lot of the time? What affect is this having on their brain? Technology use is changing our brains as devices are addictive. This is causing problems for lots of families and children. There are no simple answers but lots of ideas about what you can try in your household to reduce tech use and offer other ways to engage in life.

Family Rules and consequences

Setting up rules and having consequences can be very hard. There are lots of reasons why we don't do this. Children need to know the rules and have consequences to help them learn to cope with life. This session will help you to get started or add to your kit bag of rules and consequences. Having these helps households to enjoy life more.

Parent Mental Health

Parenting is a challenging job. It is often hard to take care of yourself and your family. This session explores the challenges of parenting and day to day ways to support yourself in this role. Having good mental health is really important meeting the demands of parenting.

Supporting Self Esteem

Liking yourself isn't easy in the world today. Children and parents are flooded with messages about what they need to be. This session will help you to understand how you can support your own and your child's positive feeling about themselves.

Building Social Skills

The social world and the rules about how it works are hard for some children to understand. This session will support you to have conversations with your child about healthy relationships, social contact and how to engage with other children. You will get a chance to try some of the ideas for building up social skills with your child.

Being There

This is a simple session focussing on connecting and relationship with your child as well as helping with their mental health.

