



Children with Additional Needs

Development, Wellbeing and Relationships

Plant gyda Anghenion Ychwanegol

Datblygiad, Llesiant a Phertnasoedd



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



VIRTUAL WORKSHOPS: AUGUST 10-DECEMBER 14

We run monthly workshops on a range of topics including: Exploring Behaviours That Can Challenge, Emotional Regulation, and Supporting with Transitions.

These group workshops are open to parents and carers of children with additional needs, as well as professionals, including those connected with Serennu, Nevill Hall, and Caerphilly Children's Centre.

While the sessions are specifically designed for parents and carers of children with additional needs, much of the content may also be relevant and helpful for those supporting children without additional needs. Therefore, all parents and carers are welcome to attend.

The workshops will take place online via a video-call.

**MONDAY 10TH
AUGUST
10AM-12NOON**

SUPPORTING CHILDREN WITH TRANSITIONS AND SEPARATIONS

We will share ideas about how to support children and young people with transitions and separations.

Book by Midday on Wednesday August 5th

**MONDAY 14TH
SEPTEMBER
12:30PM-14:30PM**

INTRODUCTION TO SLEEP

We will share ideas about how to manage common sleep difficulties in children and young people.

Book by Midday on Wednesday September 9th

**MONDAY 12TH
OCTOBER
10AM-12NOON**

EMOTIONAL REGULATION

We will share information about emotional regulation skills and how to support children with developing these skills.

Book by Midday on Wednesday 7th October

**MONDAY 9TH
NOVEMBER
10AM-12NOON**

PREPARING FOR AND SUPPORTING THROUGH PUBERTY

We will share ideas and resources related to puberty in the context of children with additional needs. We will discuss body changes, privacy and consent, masturbation, and what this means for you as parents/carers.

Book by Midday on Wednesday 4th November

**MONDAY 14TH
DECEMBER
10AM-12NOON**

EXPLORING BEHAVIOURS THAT CAN CHALLENGE

We will be sharing ideas behind behaviour support and help you to understand and respond to behaviours that can often challenge.

Book by Midday on Wednesday 9th December



BOOK A SPACE OR SUBSCRIBE TO OUR MAILING LIST

To book a space on one of these workshops, or subscribe to our workshop mailing list for updates on all our future workshops, you can:

- Scan the QR code
- Click on the QR code
- Follow this link

<https://forms.office.com/e/DfqfWSdOk>

You can now access recordings of some of our workshops, including Exploring Behaviours That Can Challenge, Introduction to Sleep, and Supporting Anxiety in Children.

To access them, either follow the link or scan the QR codes below.



EXPLORING BEHAVIOURS THAT CAN CHALLENGE

We share ideas behind behaviour support and help you to understand and respond to behaviours that can often challenge.

<https://youtu.be/KXfMgk-sL4k>

SUPPORTING ANXIETY IN CHILDREN

We share ideas about how to support children and young people with anxiety and worry.

<https://youtu.be/nH-YXw4ZWYE>



INTRODUCTION TO SLEEP

We share ideas about how to manage common sleep difficulties in children and young people.

<https://youtu.be/YoM9LKSmRZ8>



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