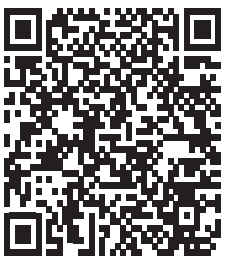


Parent Workshops

Up-to-date advice and guidance on how parents and carers can support the wellbeing and mental health of their children. All the workshops are recorded for you to watch at any time.



Scan the QR code for
the digital version of the
booklet



Virtual Live Workshops

These popular parent workshops have been developed by experienced mental health professionals, with feedback from parents. They are delivered online via Zoom by professionals from the Early Intervention Child and Adolescent Mental Health Service (EI-CAMHS). Workshops last for 60 or 75 minutes and run during the day and early evening. You will not be seen by other attendees or the presenter.

Book your place by visiting www.nsft.uk/workshops or scanning the QR code.



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Recorded Parent Workshops

Recordings of the workshops and resource packs will be sent after the live event to everyone who has registered. You can view them on YouTube at your own leisure. Please access the library of recordings here: nsft.nhs.uk/parent-workshops or scan the QR code to visit the webpage



Supporting your Child with Anxiety and Big feelings

For parents/carers of children aged 5-11

As our children grow, they experience many changes in themselves and the world around them. They will experience a number of feelings, including anxiety, which they may find hard to manage. This workshop helps you understand why your child may have these feelings and shares ways to support them.

Also, see the **Childhood Neurodiversity series: Managing Big Feelings (including Anxiety and Low Mood)**.

“Overall a brilliant session, lots of information with a great variety of talking points and interactions. Definitely leads well onto other, more specific, learning materials very well. Fabulous to hear professionals who are clearly knowledgeable, and most importantly, enthusiastic about the subject matter.”
Parent attendee

Supporting your Child/Adolescent with Anxiety

For parents/carers of children aged 12-18

This workshop describes what anxiety is, why we experience anxiety, how it affects the brain, the body and behaviour. It then explains how to support your child/adolescent if anxiety is becoming a problem.

Also, see the **Childhood Neurodiversity series: Managing Big Feelings (including Anxiety and Low Mood)**.

Parenting the Anxious Adolescent (two-part workshop)

For parents/carers of children aged 12-18

This two-part workshop is for parents who have seen the “Supporting our young people with anxiety” workshop. It gives parents the practical tools to support their teenager with anxiety.

Please sign up to both parts of the workshop to gain access to all available content.

Building Confidence and Managing Anxiety in your Child (two-part workshop)

For parents/carers of children aged 5-11

This two-part workshop is for parents who have seen the “supporting your child/adolescent with anxiety” and/or “supporting your child to manage anxiety and big feelings” workshops. It gives parents the practical tools to support their child with anxiety.

Please sign up to both parts of the workshop to gain access to all available content.

Supporting your Child with Anxiety and Big feelings

For parents/carers of children aged 5-11

As our children grow, they experience many changes in themselves and the world around them. They will experience a number of feelings, including anxiety, which they may find hard to manage. This workshop helps you understand why your child may have these feelings and shares ways to support them.

Also, see the **Childhood Neurodiversity series: Managing Big Feelings (including Anxiety and Low Mood)**.

Supporting Children/Adolescents with Eating Difficulties

For parents/carers of children aged 12-18

The workshop explores eating difficulties in children, it has a particular focus on children who may be restricting their eating due to concerns about their body image. The workshop describes how food can be used as a way of coping when stressed. Advice is provided on what a parent/carer can do to help and outlines the warning signs that a child should get professional/additional support. Additional support services that parents can reach-out to will be provided.

Also, see the **Childhood Neurodiversity series: Understanding and Supporting Eating Difficulties, with a focus on avoiding or restricting certain foods**.

Understanding the Teenage Brain: Supporting our Teenagers with Emotions

For parents/carers of children aged 12-18

During adolescence the brain goes through big changes – these changes are positive and support your child as they go into adulthood. However, they can also create challenges. This session explores these teenage brain changes, how they impact on your adolescent's life including their: mood, behaviour, risk taking and relationships. We provide the tools to help you support your child through this period of development.

Improving Communication with our Teenagers

For parents/carers and their teenagers

This workshop helps make the link between emotions, mood, relationships and how we communicate. This practical session will provide six communication strategies that you might find helpful to use as an adult or teenager in your relationships with others.

Also, see below the **Childhood Neurodiversity series: Supporting Social Relationships**.

Supporting Your Child or Adolescent with Low Mood

For parents/carers of children aged 12-18

Everyone has days when they feel low, this is normal. Sometimes this low mood hangs around for longer and starts to make it difficult for our children to do the things that are important to them. This can affect their relationships with others. For us as parents it can be hard to spot these difficulties especially among all the other changes that are happening in adolescence.

This workshop will help you to have a better understanding of why your child may be more vulnerable to low mood during adolescence, the warning signs, and provide the tools to support your child.

Also, see the **Childhood Neurodiversity series: Managing Big Feelings (including Anxiety and Low Mood)**.

Understanding and Managing Behaviour

For parents/carers of children aged 5-18

Children and teenagers may show behaviours that challenge the adults around them, for example: aggression, risk-taking behaviours, impulsivity, testing boundaries and inattention. This workshop explores how to understand behaviour and how parents/carers can support their child with these behaviours which may stem from distress.

Also, see below the **Childhood Neurodiversity series: Understanding and Managing Behaviour**.

Building Resilience: Managing the Next Steps (two-part workshop)

For parents/carers of children aged 5-18

This workshop explores what resilience is and why it is important for our children. The first part of this workshop focuses on five key components to wellbeing and resilience and suggests practical support for our children in each of these five areas. By strengthening resilience, children are more able to cope with the challenges in life, including change and transitions. Part two looks more closely at transitions, and how to support children to build the skills to manage transitions, as well as discussing practical considerations when preparing your child for a transition. It pays particular attention on how to support your child through school holiday periods.

Please sign up to both parts of the workshop to gain access to all available content.

Understanding Self-Harm in Children/Adolescents

For parents/carers of children aged 12-18

Knowing your child is finding things difficult and hurting themselves can be frightening and confusing for parents. This workshop aims to develop parents' understanding of self-harm. It covers what self-harm is, why it happens, and what we can do to help.

"Lovely informal session, facilitators were very knowledgeable." - Parent attendee

Tools for Managing Uncertainty and Building Resilience

For parents/carers of children aged 12-18

Life is unpredictable and over the last few years we have been living with more uncertainty than usual. This workshop introduces tools that parents/carers can use to support their young people to cope better with uncertainty now and in the years to come. Being able to adapt in situations by learning to tolerate emotions and cope with change reduces stress levels and is a great skill for life.

Supporting your Child or Adolescent with Obsessive Compulsive Disorder (OCD)

For parents/carers of children aged 5-18

This session covers: what OCD is, how it affects and impacts children, how parents can support their child/adolescent who might be struggling with OCD, and what further support is available.

Supporting your Child or Adolescent with Sleep

For parents/carers of children aged 5-18

Difficulties with sleep are common in children and adolescents. Sleep difficulties are not only frustrating, but they can impact on our mood and everyday life. This workshop will cover important topics such as why we need sleep, why teenagers may struggle more with this, and what you can do to try and support your child to have a better night's sleep.

Supporting your Child to Attend or Get Back to School

For parents/carers of children aged 11-16

This workshop focuses on supporting parents to help their child to attend or get back to school. It aims to help parents/carers to develop an understanding of school avoidance and provides the tools that can be used to help your child feel confident in re-engaging with school.

Also, see the **Childhood Neurodiversity series: Understanding and Supporting Sleep.**

Social Media and the Impact on Child and Adolescent Mental Health

For parents/carers of children aged 5-18

This workshop will increase understanding of how the use of social media might be associated with mental health difficulties, including anxiety, low mood, self-harm, and body image. It explores the world of our children/adolescents to offer a balanced perspective to support them to navigate social media.

Also, see the **Childhood Neurodiversity series: The Benefits and Problems with Using Technology.**

Understanding Trauma

For parents/carers of children aged 5-18

This workshop is for parents and carers of children who have experienced trauma. It will include a brief introduction to understanding what we mean by trauma and consider the impact of early traumatic experiences on child development. It will focus on what you can do to support your child's wellbeing and sense of psychological safety. Resources and information about services will also be shared for when further support is needed.

Also, see the **Childhood Neurodiversity series: The Impact of Early Life Stress.**

Supporting your Child/Adolescent to Regulate Their Emotions

For parents of children aged 5-18

This workshop introduces emotion dysregulation and explores what can impact on a child's ability to regulate their emotions. It goes on to provide the practical tools to support your child to develop self-regulation skills.

Also, see the **Childhood Neurodiversity series: Managing Big Feelings (including Anxiety and Low Mood).**

"The session was brilliant, informative and I value the resources." Parent attendee

Childhood Neurodiversity Workshop Series

Neurodiversity means that across the population there is variation in the way people's brains work. Having people in society who see the world differently and have unique skills is an important part of life to be celebrated. The term "neurodivergent" refers to people whose brains work differently to the typical cultural standards. Neurodivergence includes conditions that people are born with including autism, ADHD, learning disability and learning disorders.

This programme of virtual workshops explores nurturing the strengths of neurodivergent children and young people and provides advice on how to support them with the difficulties they face. Any parent or carer is welcome to join regardless of whether their child has a diagnosis. The workshops are 75 minutes long.

"Thank you so much! I'm crying because my daughter is now what I understand to be neurodiverse and not a syndrome or issue!" **Parent attendee**

What You Need to Know as a Parent or Carer

For parents/carers of children aged 0-18
What is neurodiversity? What is autism, ADHD and learning disability? Does my child need a diagnosis to get support? This introductory workshop answers these questions and introduces where parents/carers can find advice and guidance for supporting their neurodiverse children.

Managing Big Feelings (including Anxiety and Low Mood)

For parents/carers of children aged 4-18
This workshop explores why neurodiverse children may develop difficulties with their emotions, including anxiety and low mood and how parents/carers can support neurodiverse children with managing their big feelings.

How the Brain Develops

For parents/carers of children aged 0-18
This workshop covers childhood brain development including the impact of relationships in early childhood and changes in adolescence. The workshops will also explore neurodiversity in brain development and how parents/carers can support their child's developing brain.

Understanding and Managing Behaviour

For parents/carers of children aged 0-18
When distressed, neurodivergent children and young people may show behaviours that challenge the adults around them. This workshop explores how to understand behaviour and how parents/carers can support their neurodivergent child with behaviours of distress.

The Impact of Early Life Stress

For parents/carers of children aged 0-18
This workshop explores the impact of early life stress, or traumatic experiences, on childhood development. It considers the similarities and differences between neurodivergent traits and the impact of early life stress and discuss neurodivergent children's vulnerability to early life stress.

Understanding and Supporting Sensory Needs

For parents/carers of children aged 0-18
What are the different sensory systems? What might sensory processing difficulties look like in children and teenagers? This workshop will answer these questions and explore how parents and carers can support a child's sensory needs.

Understanding and Supporting Eating Difficulties

For parents/carers of children aged 0-18

This workshop is for parents/carers concerned about their neurodivergent child's limited diet (i.e. avoiding or restricting certain foods). We will explore why children may struggle to eat, anxiety around eating, and how parents/carers can support children with these eating struggles. This workshop is not aimed at parents of children whose eating difficulties relate to body image concerns.

Supporting Language and Communication

For parents/carers of children aged 0-18

This workshop will discuss language and social communication, including how parents/carers can support their children to communicate. It will be co-delivered with the Integrated Community Paediatric Services Speech and Language Therapy Team.

"I'm autistic and work as a teacher to neurodivergent young people. My child is autistic too. I came on out of curiosity, but have been so impressed - well done."

Parent attendee.

Supporting Children with Planning, Organising and Remembering

For parents/carers of children aged 0-18

This workshop explores cognitive (thinking) difficulties in childhood such as planning, organising and remembering things. The workshop will consider how these difficulties can affect day-to-day life and give advice on how parents/carers can support their children with cognitive difficulties.

Understanding and Supporting Sleep Difficulties

For parents/carers of children aged 0-18

Sleep difficulties can have a huge affect on a child's emotions, behaviour, learning and health. This workshop will explore sleep difficulties for neurodivergent children, and how parents/carers can support their children with sleep.



Building Understanding and Supporting Your Child with Tourette's Syndrome/Tics

For parents/carers of children aged 5-18

This workshop provides information about Tourette's and Tics in children and adolescents, dispels some common myths, and gives guidance on how you can best support your child/adolescent as they negotiate the highs and lows of life with tics.

The Benefits and Problems with Using Technology

For parents/carers of children aged 0-18

This workshop will discuss the potential benefits and risks to neurodivergent children using technology such as apps and social media. It will explore how families can use technology to support their neurodivergent child.



Supporting Social Relationships

For parents/carers of children aged 0-18

This workshop will discuss social relationship difficulties for neurodivergent children, and how parents/carers can support their children with understanding and managing social relationships.

Need help and advice?

Contact the Customer Service Team for advice, information and support. We are here to help with any questions you have about NSFT services.

Tel: 01603 421486

Email: customer.service@nsft.nhs.uk

Alternative versions of this leaflet

If you would like this leaflet in large print, audio, Braille, alternative format or a different language, please ask us.

Norfolk and Suffolk NHS Foundation Trust values and celebrates the diversity of all the communities we serve. We are fully committed to ensuring that all people have equality of opportunity to access our service, irrespective of their age, gender, ethnicity, race, disability, religion or belief, sexual orientation, marital or civil partnership or social and economic status.



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