



Managing Sleep Problems

- Consider the function and importance of sleep.
- Understand sleep problems in children with ASD and/or LD.
- Find out what you can do to encourage good sleep habits.

Toileting Problems in Young People with ASD

- Understand more about toileting problems in young people with ASD.
- Consider strategies to help with toileting problems
- Share experiences – i.e. what works, what doesn't work, coping strategies.

Mindfulness and Mindful Parenting

- Understand the theory behind mindfulness approaches.
- Experience mindfulness through taster exercises
- Consider how you can apply mindfulness techniques to parenting, to respond in more helpful ways

Managing Self-Injurious Behaviour

- Understand the possible triggers and functions of self-injury in young people with ASD and / LD.
- Think about positive behaviour support strategies for managing self-injury

Consent and Confidentiality

We will not disclose any personal information about you or your involvement with our service at any time during the workshops.

We are happy to answer general questions during the session; however as this is a focused information giving session, we are unable to offer advice on individual circumstances.

If you disclose information that makes us feel concerned that you or someone else is at risk, we are obliged to report this to the Safeguarding Starting Point Team. If appropriate, this would be discussed with you at the time.

Comments and Concerns

We welcome your views, feedback and suggestions about how we can improve the service. Please complete an evaluation form at the end of any session you attend. You can also contact the Assistance and Complaints Service (ACS) if you have any concerns.

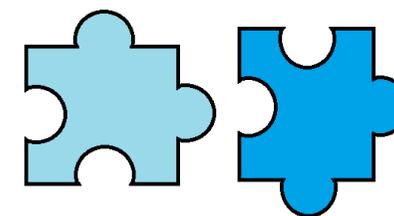
The ACS office takes calls Monday to Friday, between 9 am and 4 pm, and there is also an answer phone service available.

Tel: 01246 512640
E-mail: crhft.acs@nhs.net

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Information Sessions for Parents and Carers of Young People with Learning Disabilities and / or Autism, who live in North Derbyshire

A Guide for Parents and Families



Chesterfield Royal Hospital **NHS**

NHS Foundation Trust



What Is This Leaflet About?

This leaflet outlines the aims of various topic specific information sessions for parents and carers.

These information sessions are aimed to support parents/caregivers of young people who have a diagnosis of either moderate to severe Learning Disability (LD) and/or Autism Spectrum Disorder (ASD). We are asking Foster Carers to access our Professionals Seminars, which will be more appropriate.

You can attend any information session that you feel would be helpful for supporting your child.

Information Sessions are a great way to meet other parents who are experiencing similar challenges. Come along and share tips and ideas with parents and professionals!

Where/When are Workshops?

We run a regular rolling programme of workshops. Please see the insert for upcoming sessions, dates and venues.

How to Book a Place on a Workshop

If you are interested in attending a workshop please book a place by contacting:

01246 514523 or email us on

CRHFT.camhsadmin@nhs.net

Places are limited so please book early to avoid disappointment. Please also let us know if you can no longer attend a session, so that we can offer the place to someone else.



Workshops and their Aims:

Positive Behaviour Support for Managing Challenging Behaviour

- Consider challenging behaviour in the context of ASD and LD.
- Understand the possible triggers and functions of challenging behaviour.
- Think about positive behaviour support strategies for managing challenging behaviour.

Managing Anxiety

- Understand what anxiety looks like in young people ASD and/or LD.
- Think about common causes of anxiety
- Find out what you can do to help.

An Introduction to Sensory Needs

- Gain an overview of the sensory system
- Find out what this means for young people with LD and / or ASD
- Find out what you can do to help your child.

Puberty and Sexuality

- Develop awareness of puberty related issues
- Share thoughts and ideas to help you feel more confident to support young people to understand puberty and sexuality
- Promote proactive approaches in order to help keep your child safe.

Developing Relationships through Play

- Opportunity to think about the importance of play in children's development
- Understand the barriers to successful play
- Learn how you can make play a positive experience.

Managing Restricted Eating

- Understand difficulties with food and eating for young people with ASD and / or LD
- Think about what you can do to help your child with these difficulties.