

Childhood Neurodiversity Workshop Programme

Parent/Carer Workshops

Neurodiversity means that across the population there is variation in people's brains. 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 free virtual workshops for parents and carers will explore nurturing the unique strengths of neurodivergent children and young people and provide advice on how to support them with the challenges they face. Any parent or carer is welcome to join regardless of whether their child has a diagnosis. The workshops are live on Zoom and are 75 minutes long. Recordings of the workshops and resource packs will be sent after the live event to everyone who has registered.

Childhood Neurodiversity: The Benefits and Problems with Using Technology

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.

Monday 6th May – 13:00 [Book Here](#)



Scan the QR code to find out more and book a place on a workshop or visit www.nsft.uk/workshops.

Childhood Neurodiversity Workshop Recordings

Recordings of previous childhood neurodiversity workshops can be viewed online at any time. Previous topics include:

- What you need to know as a parent or carer
- Managing big feelings (including anxiety and low mood)
- Understanding and managing behaviours
- Understanding and supporting sensory needs
- Supporting Language and Communication
- Supporting Social Relationships
- ... and more!

Scan the QR code to see a full list of our recordings, or visit www.nsft.nhs.uk/parent-workshops/

