

# Parenting Courses/Information

## Parenting programme through Bracknell Family Hub

### Solihull Approach – Understanding your child

No matter your family set-up, the important relationships in your child's life help shape their emotional health and wellbeing. This transformative course offers a reflective space to think about your child's development, their behaviour and how they are communicating.

**Understanding your child** is for all parents, grandparents and carers of children aged between six months to 19 years. The resources are tailored so that whatever their age, you can use the ideas and techniques to help better understand your child, their emotions and how to nurture them. **Understanding your child** has been developed by a team of Clinical Psychologists, Child Psychotherapists, Health Visitors, Child and Family Practitioners and, importantly, parents. Everything you will follow and learn in the course has been informed by experience and is designed to be practical; to help you and your family in your everyday interactions. You'll also learn about the foundations of wellbeing and mental health, as well as how our brains work at different times in our lives and what this means for the way we think and express ourselves in childhood and as adults.

To self refer please go to <https://www.bracknell-forest.gov.uk/children-and-family-services/family-hubs/parenting-referrals>

### Parenting Special Children [www.parentingspecialchildren.co.uk](http://www.parentingspecialchildren.co.uk)

#### Sleep – Autism and ADHD: Berkshire East – Zoom

Tuesday 3 October 2023 @ 7:00 pm - 9:00 pm

Zoom PSC Online, United Kingdom

For parents/carers of Autistic and/or ADHD children and young people who struggle with their sleep, who are registered with a Berkshire East NHS GP surgery or living in the Boroughs of Ascot, Bracknell Forest, Slough, Windsor & Maidenhead.

#### ADHD Course: Berkshire West – Zoom

Thursday 5 October 2023 @ 7:00 pm - 9:00 pm

For families registered with a Berkshire West NHS area GP surgery (Reading, Wokingham, West Berkshire).

#### Sensory Processing Workshop – Zoom

Tuesday 17 October 2023 @ 7:00 pm - 8:30 pm

For parent/carers of children and young people with Sensory Processing difficulties, whether they have received a diagnosis or not.