

## BEHIND THE BEHAVIOUR: PARENT SEMINARS: PREPARING FOR AND COPING WITH THE TEENAGE YEARS

Our seminars are very relaxed and friendly. You will have the opportunity to be active in discussion or to sit and listen...they are about what you want and need. Come along, have a coffee (or a tea) and ask questions, if we can't answer them at the time we will make sure we find out and feedback to you...there are no tests!!

<p><b>SESSION ONE: LANGUAGE AND COMMUNICATION</b></p> <ul style="list-style-type: none"> <li>• ASD myths and facts</li> <li>• communication chain</li> <li>• language components</li> <li>• receptive – expressive</li> <li>• incidental learning</li> </ul>	<p><b>2018</b> Wednesday 12<sup>th</sup> September 9.30 - 2.30</p>
<p><b>SESSION TWO: SOCIAL IMPAIRMENT</b></p> <ul style="list-style-type: none"> <li>• pragmatics / incidental learning</li> <li>• managing expectations / self-esteem and self-awareness</li> <li>• isolation / forming friendships</li> <li>• healthy and unhealthy relationships i.e. mate crime</li> <li>• building resilience and confidence</li> <li>• practical strategies for engaging young people</li> </ul>	<p>Wednesday 26<sup>th</sup> September 9.30 - 2.30</p>
<p><b>SESSION THREE: RIGIDITY OF THOUGHT AND BEHAVIOUR</b></p> <ul style="list-style-type: none"> <li>• obsessions / routines / control</li> <li>• predictability: what's going to happen next?</li> <li>• preparing for change</li> <li>• practical strategies using visual aides</li> </ul>	<p>Wednesday 10<sup>th</sup> October 9.30 - 2.30</p>
<p><b>SESSION FOUR: MANAGING CHALLENGING BEHAVIOUR</b></p> <ul style="list-style-type: none"> <li>• anger / aggression / non-compliance</li> <li>• explore triggers and cues</li> <li>• reflective thinking</li> <li>• de-escalation techniques</li> </ul>	<p>Wednesday 24<sup>th</sup> October 9.30 - 2.30</p>
<p><b>SESSION FIVE: DEVELOPING YOUNG PERSON – PART 1</b></p> <ul style="list-style-type: none"> <li>• physical development</li> <li>• emotional development</li> <li>• social development</li> <li>• sexual development</li> <li>• incidental learning and healthy development</li> </ul>	<p>Wednesday 14<sup>th</sup> November 9.30 - 2.30</p>
<p><b>SESSION SIX: DEVELOPING YOUNG PERSON – PART 2</b></p> <ul style="list-style-type: none"> <li>• sex education and sexual health</li> <li>• eating disorders and body image</li> <li>• sexuality and gender dysphoria</li> <li>• substance misuse and addiction</li> <li>• puberty</li> </ul>	<p>Wednesday 28<sup>th</sup> November 9.30 - 2.30</p>
<p><b>SESSION SEVEN: AUTISM PROFILES – PART ONE</b></p> <ul style="list-style-type: none"> <li>• Pathological Demand Avoidance (PDA)</li> <li>• ADHD</li> <li>• other related conditions</li> <li>• vulnerabilities / criminal justice system</li> </ul>	<p>Wednesday 12<sup>th</sup> December 9.30 - 2.30</p>
<p><b>SESSION EIGHT: AUTISM PROFILES – PART TWO</b></p> <ul style="list-style-type: none"> <li>• autism and girls</li> <li>• attachment</li> </ul>	<p><b>2019</b> Wednesday 16<sup>th</sup> January 9.30 - 2.30</p>
<p><b>SESSION NINE: MENTAL HEALTH</b></p> <ul style="list-style-type: none"> <li>• signs and symptoms</li> <li>• depression</li> <li>• self-harm / suicide</li> <li>• generalised anxiety disorder</li> <li>• strategies to developing healthy emotional wellbeing</li> </ul>	<p>Wednesday 30<sup>th</sup> January 9.30 - 2.30</p>

**EACH SESSION IS £10 PER PERSON.**

For more information please contact [admin@siaradda.org.uk](mailto:admin@siaradda.org.uk) or ring us on 07814524553