

# Parent & Carer Support TALKING ASD & ADHD Workshops Spring 2025



Workshops are FREE to parents and carers living in Hertfordshire of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

← Eventbrite Page

## THE TEENAGE YEARS



Tuesday 4<sup>th</sup> March 7.30-9.15pm

Workshop SL715 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-715-for-parentscarers-in-herts-registration-1064332389829>

- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- Strengthening your parent/child relationship.
- How to agree appropriate boundaries and teach risk assessment.
- Adapting our parenting approach to help our teens become independent adults.

## SIBLING STRUGGLES



Thursday 13<sup>th</sup> February 7.30-9.15pm

Workshop SL713 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-sibling-struggles-713-for-parentscarers-in-herts-registration-1065018812939>

- What to do if your children are fighting or arguing.
- Dealing with jealousy and unfairness.
- Recognising the pressures on siblings.
- Helping your children develop a network of support.
- Helping your children to communicate with each other without conflict.
- Managing your own difficult feelings and helping your children to manage theirs.

## RESPONDING to ANGER



Wednesday 2<sup>nd</sup> April 9.30-11.15am

Workshop SL714 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-714-for-parentscarers-in-herts-registration-1065126535139>

- The difference between healthy & unhealthy anger.
- The pattern that anger takes and how to spot the non-verbal signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.

Follow on:



Contact via:

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