



WISE UP WORKSHOPS

Empowering Parent Carers to succeed



Free Workshops



Needs based



Designed by parents



Wide range of subjects



100% parents attending would recommend

NHS

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Somerset Parent Carer Forum C.I.C.

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WELCOME

Being a parent carer of a child or young person with additional needs can bring unique joys, but also situations that are challenging and sometimes overwhelming to navigate. You are not alone.

To help support you on this journey, we've created a series of workshops shaped by the topics you've told us matter most.

At the heart of this project is a simple but powerful idea: **Workshops for Information, Support and Education** delivered by people who truly understand. Every workshop will be led or co-led by someone with lived experience of being a parent carer, ensuring that the guidance you receive is grounded in empathy and real-life insight.

These workshops are designed to help you feel more confident, connected, and equipped to advocate for your child and your family.

We are grateful to **NHS Somerset** for funding this programme and are proud to be working in partnership with such dedicated and experienced teams and look forward to collaborating with new presenters this year who bring fresh perspectives and lived experience.

Booking

To book, you'll need to be on the **Somerset Parent Carer Forum database**. Once registered, you can book using your **email address**.

Visit: somerseparentcarerforum.org.uk/home/wise-up-workshops



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How to Talk to Your Child About Neurodiversity

Every child is different. They learn, think, communicate, and experience the world in their own way. Some children may be neurodivergent, which can include Autism, ADHD, Dyslexia, Dyspraxia, Tourette Syndrome, and other differences.

You may be wondering how to talk to your child about their strengths, challenges, or possible neurodivergence. You may also be thinking about whether to seek a diagnosis and what support is available along the way.

This workshop will help you start positive and age-appropriate conversations with your child. We will look at ways to build their confidence, understanding, and self-esteem. We will also explore the support available in Somerset for neurodivergent children and young people, whether or not they have a formal diagnosis.

By the end of the session, you will feel more confident talking with your child and supporting them to understand themselves and thrive.



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Help your Neurodivergent Child Manage their Anxiety

Feeling worried or anxious is a normal part of life. Children and young people can feel anxious for many different reasons. Sometimes, anxiety can become a bigger problem and start to affect everyday life, such as school, friendships, family life, sleep, or trying new things.

For neurodivergent children and young people, including those who are Autistic, have ADHD, or other neurodivergent differences, anxiety may be experienced and expressed in different ways.

In this workshop, we will explore:

- 🦉 What anxiety is and why it happens.
- 🦉 Common signs that a child or young person may be feeling anxious.
- 🦉 How neurodivergence can affect the way anxiety is experienced.
- 🦉 When anxiety may need extra support and where to go for help.
- 🦉 Practical ways to help children feel calmer, more confident, and better able to cope.

By the end of the session, you will have a better understanding of anxiety and feel more confident supporting your child when they are worried or overwhelmed.



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Sleep Differences in Neurodivergent Young People

Sleep can be a challenge for many neurodivergent children and young people. Whether your child is Autistic, has ADHD, or another neurodivergent difference, they may experience sleep differently from their peers.

In this workshop, we will explore some of the common reasons why sleep can be difficult and look at the sleep challenges many families face. We will discuss practical ideas and strategies that may help your child get the rest they need, while also supporting your own wellbeing.

Together, we will look at:

- 🦉 Why sleep can be more difficult for neurodivergent young people.
- 🦉 Common sleep differences and challenges.
- 🦉 Practical strategies to support better sleep.
- 🦉 Ways to support your child when sleep is affecting daily life.
- 🦉 Looking after yourself when everyone is tired.

This compassionate workshop aims to help you better understand your child's sleep needs and leave with ideas you can try at home to support the whole family.



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Understanding Your Child's Sensory World

Does your child or young person experience sensory differences? Perhaps they find loud noises overwhelming, avoid certain clothing because of itchy labels or uncomfortable textures, struggle in busy environments, or become unsettled or unregulated by strong smells. Alternatively, you may have a child who is constantly on the move, running, jumping, climbing and spinning.

It's important to remember that every child is unique. Your child may relate to some of these experiences, all of them. Sensory processing differences look different for every individual, and what one child finds calming, another may find overwhelming. Understanding your child's personal sensory profile can help you better support their wellbeing, emotional regulation, learning, and participation in everyday activities.

This workshop will help you explore how your child experiences and responds to the world around them, giving you practical strategies to support their individual sensory needs.

In this workshop we will:

- 🦊 Explore what sensory processing is and how sensory differences can affect children and young people in different ways.
- 🦊 Identify sensory preferences, including sensory-seeking and sensory-sensitive behaviours.
- 🦊 Share practical strategies to support your child's sensory needs at home.



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Smooth Starts: Helping Your Child Navigate School Changes & Transitions

Starting a new school, moving to a new class, or changes to routines can be exciting, but they can also feel overwhelming. For children and young people with additional needs, these changes may bring extra worries and challenges.

This practical workshop will help you understand why transitions can be difficult and explore ways to support your child through periods of change.

Together, we will look at:

- 🦉 Common challenges children can face during school transitions.
- 🦉 Supporting anxiety, confidence, friendships, and emotional wellbeing.
- 🦉 Sharing important information with a new school or teacher.
- 🦉 Practical strategies to help your child feel prepared and supported.
- 🦉 How to build positive relationships with school staff during times of change.

By the end of the session, you will have practical ideas and tools to help your child feel more confident, settled, and ready for their next step.



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Empowering Parents: Building Strong SEN Partnerships with Schools

This session will give parents the clarity and tools to become informed advocates and valued partners in their child's educational journey. With a focus on positivity, collaboration, and practical steps, you'll gain confidence to navigate Special Educational Needs (SEN) discussions, strengthening your relationship with the school.

What you'll explore:

- 🦉 What SEN means and looks like including a breakdown of 'the graduated response' to SEN.
- 🦉 Understanding school roles: who to approach and when.
- 🦉 Reasonable adjustments that make a difference and how to request them.
- 🦉 How to 'organise your thinking' around SEN so that you bring focussed and clear information to a discussion.
- 🦉 Key questions to ask in SEN discussions to spark conversations and actions that support your child or young person.
- 🦉 What you should expect from a meeting and how to follow up effectively.



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Daily Rhythms: Supporting Day to Day Transitions for your Child

From getting up in the morning to turning off screens at bedtime, transitions happen throughout the day. For many children and young people with additional needs, moving from one activity, place, or situation to another can be difficult and stressful.

This practical workshop will help you understand why transitions can be challenging and explore simple strategies to make daily routines feel calmer, smoother, and more predictable.

Together, we will look at:

- 🦉 What transitions look like at home, school, and in the community.
- 🦉 Why transitions can be difficult and the signs that a child may be struggling.
- 🦉 Practical ways to support movement between activities, places, and emotional states.
- 🦉 Using visual supports, reminders, and sensory tools to reduce stress.
- 🦉 Creating routines that feel safe, predictable, and flexible.
- 🦉 Working with schools and other professionals to provide consistent support.



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Parenting a Child with Extreme Demand Avoidance

Does your child become overwhelmed by everyday expectations, resist requests, or appear driven by a strong need to stay in control?

For children with an Extreme Demand Avoidant profile, even ordinary demands can create intense feelings of anxiety and loss of control. What may look like refusal, avoidance, or oppositional behaviour is often a response to overwhelming stress rather than a deliberate choice.

This practical and compassionate workshop helps parent carers understand the underlying reasons behind demand avoidance and explore approaches that reduce anxiety, build trust, and support engagement. Through a neuro-affirming lens, we will look beyond behaviour to better understand what your child is communicating and how you can create an environment where they feel safe, understood, and able to participate.

This workshop will consider:

- 🦉 What do we mean by extreme demand avoidance?
- 🦉 What are demands?
- 🦉 How extreme Demand Avoidance can present itself.
- 🦉 Tips for dealing with avoidance behaviours.



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When Siblings Needs Clash

If you have more than one neurodivergent child, you've probably experienced moments when their needs conflict. One child may seek noise, movement, and activity, while another needs quiet, space, and predictability. Family outings, mealtimes, holidays, and even everyday routines can become a source of stress as you try to meet everyone's needs.

This practical and relatable workshop explores what happens when sibling needs collide and how parents can navigate these challenges without feeling that one child's needs must always come second. Together, we'll look at the reasons behind common family flashpoints and explore realistic approaches that reduce conflict, build understanding, and promote a calmer family life.

This workshop will explore:

- 🦉 Why sibling needs can sometimes conflict.
- 🦉 How to identify common flashpoints that lead to tension.
- 🦉 Real-life scenarios and practical problem-solving approaches.



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Internal Presentation of Autism

Autism is often associated with visible behaviours, but for many children and young people, autistic traits can be largely internalised and therefore easily overlooked. These individuals may work hard to fit in, mask their difficulties, to meet expectations, often at the expense of their own wellbeing.

Sometimes referred to as the "female presentation" of autism, we now recognise that internalised presentations can occur in people of any gender. While challenges may be less visible in school or social settings, they can lead to significant anxiety, exhaustion, perfectionism, emotional overwhelm, and difficulties that emerge primarily at home.

This workshop will explore:

- 🦉 What is meant by an internal presentation of autism.
- 🦉 The differences between internal and external presentations of autism.
- 🦉 How masking and camouflaging can affect a child's wellbeing.
- 🦉 The links between autism, anxiety, perfectionism, and emotional exhaustion.
- 🦉 Why some autistic children appear to cope well in school but struggle at home.



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Supporting Siblings

Growing up alongside a sibling with additional needs can bring many positive experiences, including empathy, understanding, and resilience. However, siblings may also experience a range of emotions, including confusion, frustration, worry, jealousy, guilt, or a sense of responsibility. These feelings are often difficult to express and can sometimes go unnoticed.

This supportive and practical workshop is designed to help parents and carers better understand the experiences of siblings and explore ways to nurture positive family relationships. Together, we will look at how to ensure siblings feel heard, valued, and supported whilst helping them develop a meaningful understanding of their brother or sister's needs.

We will explore:

- 🦉 How having a sibling with additional needs or neurodivergence can impact children's experiences and emotions.
- 🦉 Ways to ensure all children feel valued, recognised, and included within the family.
- 🦉 Practical approaches for promoting positive sibling relationships and reducing conflict.



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Managing Behaviour in Neurodivergence

Behaviour is often viewed as something that needs to be managed or changed. However, for neurodivergent children and young people, behaviour is frequently a form of communication, reflecting unmet needs, anxiety, sensory differences, communication challenges, or difficulties with emotional regulation and executive functioning.

This practical and neuro-affirming workshop helps parents and carers look beyond the behaviour itself to better understand what may be driving it. By exploring the underlying causes of distress, you'll gain the knowledge and confidence to respond in ways that support your child's wellbeing, reduce anxiety, and strengthen relationships.

We will explore:

- 🦉 Why behaviour is a form of communication.
- 🦉 How sensory needs, anxiety, and emotional overwhelm can influence behaviour.
- 🦉 How to identify triggers and recognise early signs of distress.
- 🦉 Practical approaches to support regulation and emotional wellbeing.



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De-escalation and Dealing with Crisis

When a child is overwhelmed, their behaviour is often a sign that they are struggling to cope. Understanding what is behind the behaviour can help us respond in ways that reduce stress, build trust, and support regulation.

This workshop explores why children and young people can become dysregulated and how factors such as anxiety, sensory differences, communication difficulties, and uncertainty can contribute to escalation. We will look at practical ways to recognise early warning signs, reduce triggers, and support children before they reach crisis point.

Together, we will explore:

- 🦉 Understanding behaviour as communication.
- 🦉 Common causes of dysregulation and emotional overwhelm.
- 🦉 Recognising early signs that a child may be struggling.
- 🦉 Practical strategies to help prevent escalation.
- 🦉 Using low arousal approaches to de-escalate safely and effectively.
- 🦉 How to respond during a crisis and support recovery afterwards.
- 🦉 Creating safety plans and building long-term coping skills.

By the end of the session, you will have a better understanding of why behaviour happens, feel more confident supporting your child during difficult moments, and leave with practical strategies to use at home.



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Understand and Supporting Communication

Communication is about much more than spoken language. It includes understanding information, expressing needs and feelings, interpreting social situations, using non-verbal communication, and making sense of the world around us. Neurodivergent, SEND children and young people often communicate in different ways, and these differences can sometimes lead to frustration, misunderstandings, and unmet needs.

This practical and supportive workshop explores how children process, understand, and express information differently. Through a neuro-affirming approach, parents and carers will gain a deeper understanding of communication differences and learn effective ways to reduce communication pressure, build understanding, and support meaningful connection.

We will explore:

- 🦉 How communication involves much more than spoken words.
- 🦉 How neurodivergent and SEND children may process and understand information differently.
- 🦉 Common communication differences in autistic children, children with ADHD, speech and language needs, and other SEND profiles.



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ADHD & Executive Functioning

When people think of ADHD, hyperactivity is often the first thing that comes to mind. However, one of the most significant challenges for many children and young people with ADHD lies in difficulties with executive functioning. These are the brain-based skills that help us organise, plan, manage emotions, stay focused, complete tasks, and achieve goals.

Join us for this informative workshop as we explore:

- 🦉 The crucial role executive functioning plays in everyday life.
- 🦉 We will look at how executive functioning difficulties can impact learning, independence, relationships, and daily routines.
- 🦉 Share practical tools to support neurodiverse children and young people to thrive.

By the end of the workshop, you will have a clearer understanding of executive functioning and leave with practical ideas that can be applied at home,



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Understanding Sensory Processing

We all experience the world through our senses, but not everyone processes sensory information in the same way. For some children and young people, sensory differences can have a big impact on everyday life, learning, sleep, emotions, and behaviour.

This workshop will help you understand how sensory processing works, including the 8 senses and the important role they play in helping us feel calm, regulated, and ready to learn. We will explore how sensory needs can affect behaviour, anxiety, and emotional wellbeing, and share practical ways to support your child.

Together, we will look at:

- 🦉 The 8 senses, including proprioception, vestibular, and interoception.
- 🦉 How sensory differences can affect daily life, behaviour, emotions, and sleep.
- 🦉 The link between sensory needs, anxiety, and emotional regulation.
- 🦉 Understanding dysregulation and recognising signs of sensory overload.
- 🦉 Stimming: what it is, why it helps, and when support may be needed.
- 🦉 Practical strategies and sensory tools to support your child at home and beyond.



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Understanding Social Skills & How we can Adapt for Neurodivergence

Children learn social skills in different ways and at different rates. Neurodivergent children may experience social situations differently, which can affect friendships, communication, and confidence.

This workshop explores how social skills develop, how neurodivergence can influence social development, and practical ways to support children and young people to build meaningful connections while staying true to themselves.

Together, we will look at:

- 🦉 How social development can differ for neurodivergent children and young people.
- 🦉 What friendship skills are and how they develop over time.
- 🦉 Understanding social differences in Autism and ADHD.
- 🦉 Adapting support to meet your child's individual needs and strengths.
- 🦉 Practical strategies to help children build friendships, develop social understanding, and navigate social situations with confidence.
- 🦉 Creating opportunities for connection while celebrating your child's unique way of interacting with others.



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Understanding Masking

Does your child seem to hold it together at school, only to come home exhausted, overwhelmed, or emotionally drained?

Masking is a strategy used by some autistic people, consciously or unconsciously, to appear non-autistic in order to blend in and be more accepted by others. It can involve hiding autistic traits, copying the behaviour of peers, suppressing stimming, rehearsing social interactions, or constantly monitoring how they appear to others.

This informative and neurodiversity-affirming workshop explores what masking is, why people mask, and the impact it can have on everyday life. We will examine both the benefits and risks of masking and explore practical ways to support children and young people, enabling them to feel safe enough to occasionally lower the mask and be their authentic selves.

We will explore:

- 🦉 What masking is and the different ways it can present.
- 🦉 Why autistic people may mask in different environments.
- 🦉 The difference between masking, camouflaging, compensatory strategies, and passing.
- 🦉 When masking can be a helpful strategy and when it may become harmful.



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Understanding Emotional Development & Mental Wellbeing

Are you seeing emotional overwhelm, anxiety, or distress in your child or young person?

Children and young people experience a wide range of emotions as they grow and develop. For some, particularly those who are neurodiverse or facing additional challenges, understanding and managing these emotions can be difficult. When emotional development is disrupted, young people may struggle with confidence, relationships, resilience and their overall mental wellbeing.

In this workshop we will explore the different stages of emotional development in children and young people and how these influence behaviour, learning, relationships and mental health. You will gain a deeper understanding of why some young people experience emotional overwhelm and learn practical, evidence-informed strategies to help them build emotional resilience and positive wellbeing.



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Understanding ADHD and Related Needs

ADHD is much more than being distracted or hyperactive. It is a neurodevelopmental difference that affects attention, emotions, organisation, impulse control, and many aspects of everyday life.

This workshop will help you better understand ADHD and related conditions, exploring how they can affect learning, behaviour, communication, relationships, and emotional wellbeing. We will also share practical strategies to help children and young people thrive at home, in school, and in their wider lives.

Together, we will look at:

- 🦉 The core characteristics of ADHD and how they may present in different children and young people.
- 🦉 Executive functioning and its impact on organisation, planning, memory, and self-regulation.
- 🦉 The links between ADHD, emotions, behaviour, and wellbeing.
- 🦉 Related conditions, including Oppositional Defiant Disorder (ODD).
- 🦉 How ADHD can affect communication, friendships, and daily life.
- 🦉 Practical strategies to support children and young people and make everyday situations more manageable.



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Understanding Autism and Related Needs

Every autistic person is unique. Autism can affect how people communicate, experience the world around them, manage everyday demands, and interact with others. Understanding these differences can help us better support autistic children and young people to thrive.

This workshop provides an introduction to autism and explores some of the common experiences, challenges, and strengths associated with being autistic. We will look at practical ways to support children and young people at home, in education, and in the community.

Together, we will explore:

- 🦉 What autism is and how it can present differently from person to person.
- 🦉 How sensory differences, communication needs, and executive functioning can affect daily life.
- 🦉 Understanding attention, demand avoidance, and behaviour as communication.
- 🦉 Meltdowns, shutdowns, masking, and autistic burnout.
- 🦉 Practical strategies to support emotional wellbeing, communication, and regulation.
- 🦉 Recognising and celebrating the strengths and positive traits of autistic children and young people.



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Educational Assessments
and SEND Consultancy

Supporting Children with Dyslexia and Literacy Difficulties

Join us for a practical workshop designed for parents and carers who want to better support their child's reading, spelling, writing and confidence at home.

This workshop is not just for children with a dyslexia diagnosis. Many children experience difficulties with literacy, processing information, memory, organisation, or confidence in learning, whether they have a formal diagnosis or not.

During the workshop, we will explore what dyslexia is, the common areas of difficulty associated with it, and how these challenges can affect everyday learning. Most importantly, you will leave with simple, evidence-informed practical tools that can be used straight away at home.

We will explore:

- 🦉 Understanding what dyslexia is and the theory behind it.
- 🦉 Recognising the characteristics of dyslexia and related learning differences.
- 🦉 Using effective resources and tools to help your child succeed.
- 🦉 Building confidence and reducing anxiety around learning.
- 🦉 Making everyday reading, spelling, and learning opportunities fun, engaging, and stress-free.



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Numbers Unlocked: A Parent's Guide to Dyscalculia

Does your child struggle with numbers, tell the time, manage money, or understand mathematical concepts, despite putting in lots of effort?

Dyscalculia is a specific learning difficulty that affects how the brain processes and understands numbers. It can impact much more than classroom maths, influencing everyday skills such as managing time, handling money, following sequences, and problem-solving.

This informative and practical workshop will help parents carers develop a deeper understanding of Dyscalculia, how it differs from general maths anxiety, and the unique ways it can affect a child's or young person's learning and daily life.

Through accessible, hands-on activities and real-life examples, you'll explore effective approaches that can help build confidence, reduce frustration, and support your child or young person to engage more positively with numbers.

Discover:

-  Practical activities.
-  Engaging games.
-  Useful resources that make numbers less daunting and everyday maths more manageable.



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Autism & Christmas

Does your child or young person find Christmas and other festive celebrations overwhelming rather than enjoyable?

While the festive season can be a time of excitement and celebration, for many autistic children and young people it can also bring significant challenges. Changes to routines, busy environments, sensory overload, increased social demands and heightened expectations can all contribute to stress, anxiety and emotional overwhelm.

In this workshop, we will:

- 🦉 Understand why festive periods can increase stress and anxiety for autistic children and young people.
- 🦉 How routine changes affect regulation and wellbeing.
- 🦉 Practical ways to increase predictability and reduce uncertainty.
- 🦉 How sensory challenges such as lights, noise, crowds, food, and travel can impact participation.
- 🦉 The effect of social expectations and family pressures.

By the end of the workshop, you'll understand the challenges Christmas can bring and gain practical ways to help your child or young person enjoy a calmer, more positive festive season. 🌲



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Understanding Alexithymia & Emotional Awareness

Alexithymia is a difference in emotional processing that can make it difficult to identify, describe, and express emotions. Often described as "emotion blindness," it can affect communication, emotional regulation, relationships, and mental wellbeing. While commonly experienced by autistic individuals, alexithymia can affect people of all ages.

This informative and practical workshop explores alexithymia and its impact on everyday life. Through a neurodiversity-affirming approach, you'll gain a deeper understanding of how emotional awareness develops, why some individuals find emotions difficult to identify, and how supportive environments can make a significant difference.

In this workshop, we will explore:

- 🦉 What alexithymia is and how it presents.
- 🦉 How alexithymia affects emotional awareness, communication, and self-understanding.
- 🦉 The links between alexithymia, anxiety, wellbeing, and mental health.
- 🦉 Why emotional regulation can be more challenging when emotions are difficult to recognise.
- 🦉 Practical approaches to support emotional understanding and expression.



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ARFID- Understanding Avoidant Restrictive Food Intake Disorder

For autistic and ADHD individuals, ARFID (Avoidant/Restrictive Food Intake Disorder) isn't stubbornness it's a complex storm of sensory overwhelm, anxiety and biological responses, that turns eating into genuine fear. Most advice fails because it doesn't understand the neurodivergent roots of this struggle.

If you're supporting a child or young person with autism, ADHD, and ARFID, you're not alone. Join our workshop, created specifically for parent carers, where you'll gain a deeper understanding of ARFID, hear from someone with lived experience, and explore practical solutions that can make everyday mealtimes less stressful and more positive for the whole family.

We'll explore:

- 🦉 What ARFID is.
- 🦉 What contributes to ARFID.
- 🦉 How to support someone with ARFID.
- 🦉 What else it could be.
- 🦉 Tips for encouraging eating without pressure.

This isn't about forcing bites. It's about reducing fear, honouring sensory needs, and finding sustainable paths to nourishment and peace.



Workshop dates can be found on our website

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AuDHD- Understanding those with co-occurring ADHD & Autism

Living with both Autism and ADHD is not simply having "a little of each". AuDHD is a unique neurotype with its own strengths, challenges, and ways of experiencing the world. While Autism and ADHD often coexist, the interaction between the two can create a complex picture that is frequently misunderstood. As a result, many children and young people find that support aimed at a single condition does not fully meet their needs.

This insightful workshop is designed for parents carers, who want to better understand the AuDHD experience. Together, we will explore how Autism and ADHD can both complement and conflict with one another and how understanding this unique neurotype can lead to more effective support and improved wellbeing.

By the end of this workshop, you will:

- 🦉 Have a deeper understanding of the AuDHD experience.
- 🦉 Recognise how Autism and ADHD interact and influence behaviour, learning, and wellbeing.
- 🦉 Feel more confident in supporting AuDHD children and young people.
- 🦉 Leave with practical tools and approaches that can be applied at home.



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Hypermobility & Ehlers Danlos Syndrome

Hypermobility conditions such as Hypermobile Ehlers-Danlos Syndrome (hEDS) and Hypermobility Spectrum Disorder (HSD) are often misunderstood, under-recognised, and difficult to diagnose. For many neurodivergent children and young people, particularly those who are autistic or have ADHD, hypermobility can have a significant impact on physical health, emotional wellbeing, learning and day-to-day life.

Far more than increased flexibility, hypermobility can affect the body's connective tissues, leading to challenges with pain, fatigue, balance, proprioception, coordination, sensory processing and emotional regulation. Understanding these connections can be life-changing for families who have struggled to make sense of their child's experiences.

Join us for this evidence-informed workshop, where we will explore the relationship between hypermobility, autism and ADHD, helping you better understand the challenges faced by many neurodivergent children and young people.

By the end of the workshop, you will:

🦉 Have a clearer understanding of hEDS, HSD and hypermobility-related challenges.



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What is Autism

Autism is a lifelong neurodevelopmental difference that affects how a person experiences, understands, and interacts with the world around them. Every autistic person is unique, with their own strengths, challenges, preferences and ways of thinking, communicating, and processing information.

This informative and neurodiversity-affirming workshop explores our modern understanding of autism, moving beyond stereotypes to develop a deeper appreciation of the autistic experience. We will examine the three key areas of difference commonly associated with autism: communication, sensory processing and the need for predictability, routine, and familiarity.

We'll explore:

- 🦉 The three key areas of difference in autism: communication, sensory processing and the need for predictability, routine, and familiarity.
- 🦉 Why autism presents differently in different individuals.
- 🦉 How to adapt support approaches across a range of environments and life stages.



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What is ADHD

ADHD is much more than being distracted or hyperactive. It is a neurodevelopmental difference that affects the way people regulate attention, manage emotions, organise tasks, control impulses and navigate everyday life. Despite being one of the most recognised neurodevelopmental conditions,

This neurodiversity-affirming workshop provides a broad overview of ADHD, exploring both the strengths and challenges associated with the condition. Drawing on research and lived experience, we will examine how ADHD can affect education, work, relationships, wellbeing and daily life, while highlighting practical approaches that can help individuals thrive.

We'll explore:

- 🦉 The different presentations of ADHD and the key characteristics associated with each.
- 🦉 How ADHD can affect attention, impulsivity, emotional regulation and executive functioning.
- 🦉 Common strengths associated with ADHD, including creativity, passion, problem-solving and innovative thinking.



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What is Demand Avoidance

Demand avoidance is often misunderstood as stubbornness, defiance, or a lack of motivation. This workshop explores demand avoidance as a natural, anxiety-driven response rather than a behavioural choice.

It examines how anyone can express demand avoidance at times in life and what to do if it's become more of a persistent struggle. This means exploring what counts as a demand and why they can feel overwhelming at various life stages

In this workshop, you will learn:

- 🦉 Understand what demand avoidance is and isn't.
- 🦉 Recognise how the internal and external environment can be used to support those struggling with demand avoidance.
- 🦉 Learn how to adapt the environment and leverage it to passively support someone struggling with demand avoidance.
- 🦉 Explore common support strategies that work for a range of individuals.
- 🦉 Identify real life examples and strategies for both children and adults that can work in both school and at home.



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Autism, ADHD & Executive Functioning

Does your child or young person struggle with organisation, time management, getting started on tasks, managing emotions, or remembering everyday information?

Executive functioning is often described as the brain's management system. These essential skills help us plan, organise, focus attention, regulate emotions, manage time, solve problems and complete everyday tasks. For many autistic and ADHD individuals, differences in executive functioning can create significant challenges.

This workshop explores executive functioning differences and why these can affect daily life. It examines organisation, time management, working memory and emotional regulation, alongside the impact of sensory load and anxiety.

In this workshop, we will:

- 🦉 Understand the common support strategies can work across a range of processing difficulties.
- 🦉 Recognise common executive functioning difficulties.
- 🦉 Apply practical executive functioning support strategies.



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Autism, ADHD & Physical Behaviours

This session explores why physical behaviours occur in autistic and ADHD individuals. It explores executive functioning, emotional processing and unmet proprioceptive need and how these things can often result in more snap emotions, physical behaviours, explosive meltdowns and harm to oneself and the environment.

In this workshop, we will:

- 🦉 Understand physical behaviour as a sign of communication and unmet needs.
- 🦉 Recognise the emotional, cognitive, and sensory drivers behind physical behaviours.
- 🦉 Learn from lived experience from adults who had a high degree of physical behaviours and what tools they use in adulthood.
- 🦉 Understand how the environment influences behaviour.
- 🦉 Learn practical strategies to support learning, reduce distress and reduce physical behaviours over time.



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Parent Carer Burnout & Nervous System Overwhelm

Parenting a neurodivergent child can be rewarding, but it can also be exhausting. If you're feeling overwhelmed, running on empty, or constantly in survival mode, you're not alone.

This supportive workshop explores the realities of parent carer burnout, especially for those who may be neurodivergent themselves.

We'll explore:

- 🦉 What burnout really looks like in neurodivergent parents.
- 🦉 The difference between stress, overwhelm, and nervous system shutdown.
- 🦉 Why traditional self-care advice often doesn't work.
- 🦉 Recognising early warning signs before reaching crisis point.
- 🦉 Practical regulation tools for busy parents and carers.
- 🦉 Building sustainable support rather than cycling between crises.

This is a validating, honest, and supportive session. No judgement. No guilt. No "just try harder." Just real conversations and practical strategies that acknowledge the challenges you face and honour your capacity.



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Managing Multiple Neurodivergent needs within a Family

Does it sometimes feel like you're juggling completely different needs within the same family?

Many families are supporting more than one neurodivergent profile under one roof, including autism, ADHD, sensory differences, anxiety, demand avoidance and learning differences. Often these needs exist across both children and parents, creating unique challenges as family members' strengths, preferences and support needs interact.

This practical and supportive workshop explores how different neurodivergent profiles can both complement and clash, helping families better understand one another and find realistic ways to thrive together. Through a strengths-based and compassionate approach, we'll explore strategies that reduce stress, improve understanding and create a more balanced family life.

In this workshop, we will explore:

- 🦉 How different neurodivergent profiles can interact within a family.
- 🦉 Understanding and balancing varying sensory needs.
- 🦉 Managing conflicting regulation styles and support needs.
- 🦉 Practical approaches for navigating everyday family life.



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Selective Mutism: Creating Opportunities for Communication

For children and young people experiencing selective mutism, speaking can become incredibly difficult in certain situations, even when they want to communicate. The aim isn't to “make them talk”, but to reduce pressure, build confidence and create more opportunities for communication in ways that feel safe.

This practical session will explore:

- 🦉 What selective mutism can look like in everyday life
- 🦉 Why “just say hello” or “use your voice” can increase pressure
- 🦉 Building moments of communication without demanding speech
- 🦉 Using alternative ways to communicate, gestures, writing, visuals, technology and more
- 🦉 Practical ways to support communication at home and in the community
- 🦉 Supporting friendships, activities and social situations
- 🦉 What to do when a child freezes, shuts down or can't respond

This is a practical, compassionate session focused on connection before communication. No forcing. No “they just need to be brave.” Just realistic strategies to help children feel safer, more understood and more able to communicate in their own way.



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Neurodivergent Parent Carers Raising Neurodivergent Children, Practical “Life Hacks”

Parenting is hard enough, but when both parent and child are neurodivergent, everyday life can bring an extra layer of sensory, emotional and executive functioning challenges.

This practical, neuro-affirming session is packed with realistic hacks to reduce overwhelm, make routines easier, navigate transitions and demands, manage competing sensory needs and support regulation, without adding another list of things you “should” be doing. Come away with simple tools you can actually use in real family life, including support for your needs too.

This practical, neuro-affirming session will explore:

- 🦉 Practical hacks for reducing daily overwhelm and family friction
- 🦉 Making routines and transitions easier for different brains
- 🦉 Supporting regulation when you and your child are both dysregulated
- 🦉 Reducing demands and making everyday tasks more manageable
- 🦉 Building family systems that support everyone, not just the child

This is a practical, validating session for real families. No perfection. No guilt. No “just be more consistent.” Just realistic strategies that work with neurodivergent brains and make family life a little easier.



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Understanding Neurodivergent Social Communication & Practical Tips

Social communication is about much more than talking. It involves how we share attention, understand language, interpret other people's thoughts and feelings and express our own needs and ideas. Neurodivergent children and young people often communicate differently, and these differences can sometimes be misunderstood by others.

This practical and parent-focused workshop explores how social communication develops and how neurodivergent communication styles may present in everyday life. You'll gain a deeper understanding of your child's communication profile and leave with realistic, easy-to-apply tips that can help reduce frustration, strengthen connections and support your child's confidence.

In this workshop, we will explore:

- 🦉 The three key areas of social communication: joint attention, language, and perspective-taking.
- 🦉 How neurodivergent children may process and communicate information differently.
- 🦉 The role of communication styles such as hyper-focus, monotropism, and information-sharing ("info-dumping").



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Managing the Red Zone

Does your child or young person experience emotional overwhelm, meltdowns, explosive reactions, or periods of crisis that can feel difficult to predict or manage?

When emotions become too intense, children can move beyond their ability to think, communicate, and regulate effectively. Understanding what happens in these moments can help parents respond with confidence, reduce distress, and support recovery.

This workshop explores emotional regulation, the arousal curve, and the factors that can lead children into the "Red Zone." Using neuro-affirming approaches.

In this workshop, we will explore:

- 🦉 How to recognise early warning signs that your child may be becoming overwhelmed.
- 🦉 Practical crisis prevention techniques that reduce stress and support regulation.
- 🦉 What to do during a meltdown, shutdown, or emotional crisis.
- 🦉 How to support recovery and re-regulation after an incident.



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Masking, Depression & Anxiety

Many neurodivergent children and young people work hard to hide their differences in order to fit in with the expectations of others. Known as masking, this can be mentally and emotionally exhausting, often contributing to increased anxiety, low mood, burnout and difficulties with wellbeing.

This informative and supportive workshop explores why masking happens, how it impacts mental health and how parents can recognise the signs that a child may be struggling beneath the surface. We will also explore the differences between everyday feelings of sadness and anxiety and when these emotions may indicate a more significant mental health concern.

Designed for parents and carers, this workshop provides practical tools to support emotional wellbeing, build self-acceptance, and create environments where children feel safe to be themselves.

In this workshop, we will explore:

- 🦉 The differences between typical feelings of sadness or worry and clinical anxiety or depression.
- 🦉 Practical approaches to promote positive mental health and emotional wellbeing.



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Understanding Neurodivergent Communication, Including Non & Pre-Verbal Children

Does your child communicate differently from their peers, use few or no spoken words, or find it difficult to understand and express their thoughts, needs, and feelings?

Communication is about much more than talking. It includes understanding language, expressing needs and choices, using gestures, facial expressions, symbols, signs and other ways of connecting with the people around us.

Neurodivergent children, including non-speaking and pre-verbal children, often develop communication skills differently and recognising these differences is key to providing meaningful support.

This workshop explores how communication develops and the different ways neurodivergent children communicate. Whether your child uses speech, alternative communication methods or is still developing their communication skills, you'll gain practical insights and tools to build understanding, connection, and confidence.



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Why Behaviour Happens, How our Sensory Response affects the Way We React to the World

Behaviour is often a response to how we experience and process the world around us. For many neurodivergent children and young people, sensory information can be difficult to filter, interpret or manage. When sensory needs are unmet or environments become overwhelming, this can lead to stress, anxiety, emotional dysregulation and behaviours that are often misunderstood.

This practical and informative workshop explores the connection between sensory processing and behaviour, helping parents and carers understand why certain reactions occur and what children may be communicating through their actions. By understanding the sensory drivers behind behaviour, families can develop more effective ways to reduce distress and support regulation.

In this workshop, we will explore:

- 🦉 The impact sensory experiences can have on emotions, behaviour, learning, and wellbeing.
- 🦉 How sensory overload, sensory seeking, and sensory avoidance can contribute to incidents and challenging situations.
- 🦉 How to recognise common sensory triggers and signs of overwhelm.



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Understanding Emotionally Based School Avoidance (EBSA)

Is your child finding it difficult to attend school due to distress, anxiety or overwhelming emotions? You're not alone.

This introductory workshop is designed for parent carers who want to better understand Emotionally Based School Avoidance (EBSA) and learn practical ways to support their child.

Through a compassionate and non-judgemental approach, we will explore why school attendance can become difficult for some children and young people and how families can work alongside schools to create positive, supportive solutions.

The workshop acknowledges that attendance difficulties are often complex and influenced by a combination of factors within the child, the school environment and life at home. Together, we will explore approaches that focus on understanding rather than blame and helping children feel safe, supported, and able to thrive.



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Somerset Parent Carer Forum C.I.C.

Beyond Attendance: Supporting Children with Persistent EBSA

This workshop is designed for those who have already attended our introductory EBSA session and wish to develop a deeper understanding of entrenched EBSA, including severe anxiety-related non-attendance.

Together, we will explore why attendance difficulties can become prolonged, acknowledge the significant impact on children, young people and the whole family and consider practical, evidence-informed ways to support your child, through this challenging period, towards a more hopeful future.

In this workshop, we will explore:

-  What entrenched EBSA looks like.
-  The impact on family life, wellbeing, and education.
-  The added complexity of additional needs and neurodivergence.
-  Research-informed approaches to support.
-  Understanding anxiety and the cycle of avoidance.
-  Practical ideas to use at home.
-  Parent wellbeing, self-care, and peer support.

Suitable for parent carers of children and young people experiencing persistent or severe anxiety-related school attendance difficulties.



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Toileting & Autism

This practical session is designed to help parents understand how autism can affect toileting development. We'll explore common challenges, share supportive strategies, and offer guidance on how to work together with early years settings to create consistency and confidence for your child.

In this workshop, we'll cover:

- 🦉 How autism can impact toileting routines and progress.
- 🦉 Why some children may struggle with awareness, communication, or sensory aspects.
- 🦉 Practical strategies to support toileting at home and in early years settings.
- 🦉 Creating a supportive, pressure-free approach to toileting.

This workshop is warm, welcoming, and designed to help you feel more informed and empowered.



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NeuroConnect

Meltdowns & Shutdowns

Does family life sometimes feel like you're walking on eggshells, never quite knowing what might trigger a meltdown? Are there times when your child seems to shut down and you struggle to know how to help?

This workshop is for parent carers of neurodivergent children and young people, whether they have a formal diagnosis or not. It aims to increase understanding of meltdowns and shutdowns, helping families explore the impact that stress and overwhelm can have on children, young people, and those who support them.

The session will provide opportunities for reflection, discussion, and practical ideas that can be used at home.

By the end of the session, you will have a greater understanding of your own and your child's responses to stress and leave with tools and strategies to support your family.



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NeuroConnect

Low Demand Parenting

Are you finding it difficult to work out what parenting approach works best for your child? Have you ever been told that you need to be firmer or stricter, only to find that this doesn't seem to help?

For some children and young people, everyday demands can be challenging, and approaches that work for other families may not feel effective. This workshop explores how parenting styles and language can be adapted when demands become a source of stress, conflict, or anxiety.

The session provides a supportive space for parents and carers to reflect on their own experiences, explore different approaches, and consider practical ways to scaffold daily life. There will also be opportunities to discuss individual circumstances and share ideas with others who understand the challenges of parenting a neurodivergent child.

By the end of the session, you will have a greater understanding of low demand approaches and leave with practical tools and ideas to try at home.



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