

## Stepping Stones Course

As part of the Triple-P – Positive Parenting Programme, Stepping Stones Groups are being delivered in venues across Hull during the day and evening. The course comprises of 7 x 2 hour weekly sessions, providing support for parents/carers of children aged 2-16 years with a disability or additional needs.

### What is covered on Stepping Stones Triple P:

- Developing a close relationship with your child;
- Taking care of yourself as a parent by improving your coping skills and reducing parental stress;
- Managing behaviour problems and developmental issues common amongst children with a disability and/or additional skills;
- Teaching your child new skills and behaviours;
- Using assertive discipline.




## Autism and Sensory Processing Difference Workshop

A workshop for parents/carers of children and young people with Social Communication and Sensory Processing Difficulties and the professionals offering support.

### What is covered on this workshop:

- Information about Autistic Spectrum Condition and Sensory Processing differences;
- An introduction to understanding children and young people's behaviour;
- An opportunity for you to meet other families and share your experiences



## Early Birds Plus Programme

This programme is for parents/carers of a child aged 4-9 years old on the Autistic Spectrum and an accompanying professional if appropriate. These run over 8 x 2½ hour sessions plus home visits.

### What is covered in the programme?

- What is Autism
- Interpreting communication and encouraging interaction
- Structuring learning and analysing behaviour
- Preventing problems and supporting socialising
- Transitions and looking ahead

## Balancing Act Workshop

A workshop for parents/carers of a child with a disability or complex health needs with multiple appointments/services involved or who have very little support networks and have a child in the family aged between 5 years old and 16 years old.

### What is covered in this workshop:

This workshop is all about empowering parents/carers and building parental resilience. As the name suggests it looks at the number of roles that a parent/carer holds and how they juggle that amongst the roles of daily living, maintaining relationships, working and supporting other dependents.

The workshop encourages parents/carers to reflect on things that are important and looks at identifying a personal action plan to support them to find solutions to their difficulties.

This course runs for 2 x 2½ hour weekly sessions.