



The Contented Child

ANXIETY – HELPING CHILDREN TO COPE – NIKI GREEN

For parents and professionals

'Anxiety is a thin stream of fears trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained.'

Arthur Somers Roche

The daily pressures on our children are increasing from targets and testing in the classroom to the rise of pressure advertising and social media. For many of our children the world, or certain aspects of it, is overwhelming, complex and scary. From separation and social anxiety to performance and health anxiety, an increasing number of children now benefit from direct support to manage their worries.

This workshop will introduce you to the current thinking around children's anxiety and move onto exploring ways to support young people to manage their anxiety more actively.

We will introduce you to visual resources and a toolbox of practical strategies/activities that can be used within home and school.

THIS WORKSHOP IS SUITABLE FOR CHILDREN AGED 4-11YRS. See TEENAGE ANXIETY WITH TRACY MAPP.

Parent Review

'Fantastic course – will definitely recommend. I came away feeling more informed, confident and reassured. Thank you for the professional delivery of the workshop and the opportunity'

St Margaret's Village Hall, Reach Road, St Margaret's at Cliffe, DOVER , Kent CT15 6AP	Tuesday 25 September 2018	9.30am – 12.30pm	£25 per person
Singleton Village Hall, Hoxton Close, Singleton, ASHFORD , Kent TN23 5LB	Tuesday 16 October 2018		
Training Annexe, Yoakley House, Drapers Close, MARGATE , Kent CT9 4AH	Tuesday 9 October 2018		
West Faversham Community Centre, Bysing Wood Road, FAVERSHAM , Kent ME13 7RH	Tuesday 2 October 2018		
Iwade Barn, 20 All Saints Close, Iwade, SITTINGBOURNE , Kent ME9 8FP	Friday 12 October 2018		
Petham Village Hall, Church Lane, Petham, CANTERBURY , Kent CT4 5RD	Friday 5 October 2018		
Ryarsh Village Hall, Birling Road, Ryarsh, WEST MALLING , Kent ME19 5LS	Friday 19 October 2018		

TEENAGE ANXIETY, UNDERSTANDING THE IMPACT AND BUILDING STRATEGIES TO THRIVE – TRACY MAPP

For parents and professionals

Up to 1 in 3 teenagers struggle with chronic anxiety – overwhelming feelings of worry, fear and panic that can make daily life immensely difficult to navigate.

Without support, living with persistent anxiety can result in complex and unhelpful patterns of behaviour developing and often results in a negative cycle of isolation feeding the anxiety. Positively, there are lots of effective techniques that can help teenagers reduce feelings of anxiety and learn how to keep them from taking over. This workshop explores



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the wide ranging factors that can impact on anxiety levels and helps participants to develop understanding of the impact this can have on teenagers. Participants will leave with a 'toolbox' of resources that teenagers can use on their own or with a support person to help them deal with the day to day challenges of anxiety and break free of negative cycles.

St Margaret's Village Hall, Reach Road, St Margaret's at Cliffe, DOVER , Kent CT15 6AP	Tuesday 2 October 2018	9.30am - 12.15pm	£25 per person
West Faversham Community Centre, Bysing Wood Road, FAVERSHAM , Kent ME13 7RH	Thursday 11 October 2018	9.30am - 12.30pm	
Iwade Barn, 20 All Saints Close, Iwade, SITTINGBOURNE , Kent ME9 8FP	Tuesday 16 October 2018	9.30am - 12.30pm	

UNDERSTANDING YOUR CHILD'S ANGER - NIKI GREEN

Have you ever wondered why your child is so angry or what you can do to manage their outbursts? There are very real reasons why a child behaves in this way. Anger doesn't just appear from nowhere. This workshop will give you a new and unique understanding about what is causing your child to behave this way, how to anticipate and diffuse angry outbursts and will provide interventions and strategies to help your child become calm, emotionally responsive and self-controlled.

There will be practical activities and an extensive resource pack mailed out post workshop.

St Margaret's Village Hall, Reach Road, St Margaret's at Cliffe, DOVER , Kent CT15 6AP	Friday 21 September 2018	9.30am-12.30pm	£25
Petham Village Hall, Church Lane, Petham, CANTERBURY , Kent CT4 5RD	Tuesday 6 November 2018		
West Faversham Community Centre, Bysing Wood Road, FAVERSHAM , Kent ME13 7RH	Tuesday 27 November 2018		
Ryarsh Village Hall, Birling Road, Ryarsh, WEST MALLING , Kent ME19 5LS	Friday 30 November 2018		

EMOTIONAL REGULATION (including Anxiety and Anger) – NIKI GREEN

For parents and professionals

Among child psychologists, a consensus has emerged. A child's increasing ability to "regulate" her emotions — to express her feelings in constructive rather than impulsive or hurtful ways — is now recognized as a critical factor in children's psychological health.

Improved emotion regulation leads to benefits in all areas of a child's life. Children who are able to regulate their emotions pay more attention, work harder, and achieve more in school. They are better able to resolve conflicts with their peers and show lower levels of physiological stress. They are also better behaved — and more caring towards others. Our intervention, written by Niki Green and currently being run by school staff in several school districts with marked impact aims to

- raise self-awareness
- educate about the anxiety/anger cycle
- ascertain understanding of emotions (both in oneself and others)



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- understand the changes in the brain before and during crisis
- an understanding of the physical feelings during the cycle
- educate around the optimal time to use strategies for calming
- develop a range of strategies
- understand the consequences of choices

Delegates will have the opportunity to gain a theoretical overview of the rage/anxiety cycle and to consider the underlying reasons for a pupil's behaviour. Delegates will be supported to identify strategies to support pupils at each of the stages of the rage/anxiety cycle and to explore the reasons for heightened anxieties/emotions. Delegates will be provided with a resource pack to run the new enhanced six/twelve week structured intervention through sharing examples of effective practice. The intervention is structured to enable the child to develop their skills in managing their own crisis situations and to be able to reflect. Children will create a workbook and be introduced to a variety of visual supports which can be used as a management tool by parents and setting staff and enable consistency in approach. This programme can be adapted for small group work.

Petham Village Hall, Church Lane, Petham, CANTERBURY , Kent CT4 5RD	Friday 2 November 2018	9.30am – 12.30pm	£25 per person (to include an extensive resource pack)
St Margaret's Village Hall, Reach Road, St Margaret's at Cliffe, DOVER , Kent CT15 6AP	Friday 28 September 2018		
West Faversham Community Centre, Bysing Wood Road, FAVERSHAM , Kent ME13 7RH	Friday 9 November 2018		
Training Annexe, Yoakley House, Drapers Close, MARGATE , Kent CT9 4AH	Friday 16 November 2018		
Iwade Barn, 20 All Saints Close, Iwade, SITTINGBOURNE , Kent ME9 8FP	Tuesday 20 November 2018		
Ryarsh Village Hall, Birling Road, Ryarsh, WEST MALLING , Kent ME19 5LS	Friday 23 November 2018		

A PARENTS GUIDE TO THE EHCP PROCESS

Is your child with SEN, not making enough progress at school? Do they need more targeted interventions and support in school and from other professionals to make progress? Does your child need an EHCP to access a specialist provision? This full day workshop aims to support parents to navigate their way through the EHCP process, by covering the following areas;

- What is an EHCP?
- When and how you request an EHCP?
- Evidence needed to request for an EHCP
- The EHCP processes and timescales
- Draft and final plans



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<p>Codes of Practices and Governing SEND Law Case studies and examples of EHC plans Refreshments will be provided, delegates are asked to bring lunch.</p>			
Petham Village Hall, Church Lane, Petham, CANTERBURY , Kent CT4 5RD	Friday 28 September 2018	9.30am-2.30pm	£25.00 per person
Training Annexe, Yoakley House, Drapers Close, MARGATE , Kent CT9 4AH	Friday 5 October 2018		
Singleton Village Hall, Hoxton Close, Singleton, ASHFORD , Kent TN23 5LB	Tuesday 9 October 2018		
<p>EMOTIONAL REGULATION IN THE EARLY YEARS - Emma Kaye For parents and professionals Is your child having constant tantrums/meltdowns? Are they very emotional and struggle to manage their emotions? The Contented Child brings you emotional regulation in the Early Years. A workshop, for professionals working in the Early Years and parents who have a pre-school child. The workshop looks at supporting preschool children on self-regulation. Young children being able to recognise and regulate their emotions is an important skill for life. A child who can regulate and understand their emotional state can, become better learners, increase friendships and are more caring towards others. Our workshop aims to Raise self-awareness for the professional/parent Educate professionals/parents about anger and anxiety and how it presents Understand the brain of a pre-schooler in relation to fight/flight/movement Understand the physiological signs of anxiety and stress Develop strategies, such as emotional coaching and mindfulness Implement strategies in a nursery environment or at home Delegates will have an opportunity to gain a theoretical overview of anxiety/anger and consider the underlying reasons for this, including how the brain reacts to stress and anger. Delegates will be supported to practice emotional coaching strategies and increase children's emotional expression. Delegates will be supported to understand and use strategies that enable children to manage anger and anxiety in a positive way, through fun, practical activities.</p>			
St Margaret's Village Hall, Reach Road, St Margaret's at Cliffe, DOVER , Kent CT15 6AP	Thursday 8 November 2018	9.30am – 12.30pm	£25
Training Annexe, Yoakley House, Drapers Close, MARGATE , Kent CT9 4AH	Tuesday 2 October 2018		
Iwade Barn, 20 All Saints Close, Iwade, SITTINGBOURNE , Kent ME9 8FP	Wednesday 26 September 2018		
Petham Village Hall, Church Lane, Petham, CANTERBURY , Kent CT4 5RD	Friday 16 November 2018		



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HOW TO RUN LEGO THERAPY INTERVENTION – NIKI GREEN

For parents and professionals

Lego Therapy was originally developed for children with autism but brick building has been and continues to be used therapeutically with children with other social skill difficulties and communication difficulties including language impairment and social use of language. It promotes development of key communication skills, including attention and listening, vocabulary and concept development, sharing, collaboration, describing and explaining, turn taking, problem solving and conflict resolution.

The course will equip the attendees with the theory behind therapeutic brick building and Lego Therapy and how to use these approaches to support children. It is designed to be a practical and interactive workshop for education staff and parents that covers how to set up and run therapeutic brick building within the home and education settings. As part of the course there will be a practical activity, running a therapeutic brick building session and discussing children’s outcomes. The course will equip attendees with information and practical advice which can be applied immediately to everyday practice. Attendees will also receive electronically stored practical resources emailed after the workshop.

Singleton Village Hall, Hoxton Close, Singleton, ASHFORD , Kent TN23 5LB	Tuesday 13 November 2018	1pm-2.30pm	£20 per person
West Faversham Community Centre, Bysing Wood Road, FAVERSHAM , Kent ME13 7RH	Tuesday 2nd October 2018		
Iwade Barn, 20 All Saints Close, Iwade, SITTINGBOURNE , Kent ME9 8FP	Friday 12 October 2018		
Petham Village Hall, Church Lane, Petham, CANTERBURY , Kent CT4 5RD	Friday 5 October 2018		
Ryarsh Village Hall, Birling Road, Ryarsh, WEST MALLING , Kent ME19 5LS	Friday 23 November 2018		

BUILDING THERAPY IN THE EARLY YEARS - EMMA KAYE

You’ve heard of Lego therapy.....The Contented Child brings you building therapy for the preschool child. Building and Duplo therapy, can be used as an early intervention tool. The small group therapy can be used to develop children’s; listening and attention skills, ability to request and use language, social skills, such as turn taking, sharing and waiting. Building therapy will also develop children’s fine motor skills, body awareness and visual discrimination skills.

Our Workshop aims to

Increase understanding behind brick building

How to carry out a building therapy intervention group in nursery

Links with the EYFS

How to differentiate the activities within a therapy group.

Training Annexe, Yoakley House, Drapers Close, MARGATE , Kent CT9 4AH	Tuesday 2 October 2018	1pm-2.30pm	£20 per person
St Margaret’s Village Hall, Reach Road, St Margaret’s at Cliffe, DOVER , Kent CT15 6AP	Thursday 8 November 2018		

ADHD Awareness – TRACY MAPP



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<p>For parents and professionals</p> <p>The aim of this short training session for teachers and parents is to raise awareness of the key symptoms and related issues of ADHD. The session considers the impact ADHD can have on both individuals with the condition and on people around them and the challenges this can bring. We shall also introduce strategies to support young people to manage their behaviour. There will be opportunities for Q & A throughout with handouts providing links and signposting to further information for those that wish to explore further.</p>			
Iwade Barn, 20 All Saints Close, Iwade, SITTINGBOURNE , Kent ME9 8FP	Thursday 4 October 2018	9.30am-12.30pm	£25 per person
West Faversham Community Centre, Bysing Wood Road, FAVERSHAM , Kent ME13 7RH	Wednesday 14 November 2018	9.30am – 12.30pm	
<p>BASIC AWARENESS OF ASD IN THE EARLY YEARS - EMMA KAYE</p> <p>Does your child or children you work with show characteristics of Autism; obsessive and repetitive behaviours, shows little interest in others, or wants to control others, struggles to use language in social situations? The Contented Child brings you a workshop on Autism in the early years.</p> <p>A workshop, for professionals working in the Foundation Stage and parents who have a pre-school child with ASD or are on the waiting list for an ASD assessment. The workshop looks at how Autism may present in the preschool child. Early identification and diagnosis is vital to enable settings and parents to meet children’s needs.</p> <p>Our workshop aims to</p> <ul style="list-style-type: none"> Looking at the clusters of need, that make up the condition of Autism Supporting theory of mind in the early years Supporting weak central coherence in the early years Supporting executive functioning in the early years Interventions and activities to support the child with Autism in the early years <p>Delegates will have an opportunity to gain a theoretical overview of Autism and other presenting needs and consider, how this impacts on the child’s behaviours and ability to learn. Delegates will be supported to think about their own practice in nursery and at home. Delegates will be supported to understand and use strategies that enable children with Autism to, cope in the environment and make progress. FOR PARENTS AND PROFESSIONALS.</p>			
Training Annexe, Yoakley House, Drapers Close, MARGATE , Kent CT9 4AH	Wednesday 7 November 2018	9.30-am-12.30pm	£25 per person
West Faversham Community Centre, Bysing Wood Road, FAVERSHAM , Kent ME13 7RH	Thursday 15 November 2018		
Petham Village Hall, Church Lane, Petham, CANTERBURY , Kent CT4 5RD	Friday 21 September 2018		
<p>DAD’S GUIDE TO AUTISM - EMMA KAYE</p> <p>Do you have a child with Autism, or child waiting to be diagnosed? Do you struggle with your child’s behaviours, obsessions, eating habits and sensory difficulties? Do you find it hard to understand your child and know how to manage their behaviours in different situations? The workshop will look at the following areas;</p> <ul style="list-style-type: none"> Looking at the clusters of need, which make up the condition of Autism. 			



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<p>Looking at the behaviour iceberg in relation to autistic characteristics. Understanding how your behaviour impact on your child behaviours Different strategies and tips for supporting your child Delegates will have an opportunity to gain a theoretical overview of Autism and other presenting needs and consider, how this impacts on the child's behaviours and ability to learn. Delegates will be supported to think about their own reactions and responses to situations.</p>			
Training Annexe, Yoakley House, Drapers Close, MARGATE , Kent CT9 4AH	Thursday 27 September 2018	6.30pm-9pm	£25 per person
Petham Village Hall, Church Lane, Petham, CANTERBURY , Kent CT4 5RD	Wednesday 3 October 2018		
<p>INTERVENTIONS FOR CHILDREN WITH ASD IN THE EARLY YEARS - EMMA KAYE Due to difficulties with weak central coherence and executive function difficulties, many children with autism struggle with play. Play can often look very repetitive and lack function. Play is vital for many skills, such as language, communication, social skills and imagination. The Contented Child brings you a workshop looking at structured play interventions, to support play for children on the autistic spectrum. This workshop, is for professionals working in the Foundation Stage and parents who have a pre-school child with ASD or are on the waiting list for an ASD assessment. The workshop looks at play skills and how Autism impacts on children's functional and imaginative play skills. Our workshop, aims to; Look at children's play skills in the Early Years The impact of weak central coherence and executive functioning skills on play The shared attention principle and people games How to carry out structured play interventions with children, who struggle with play.</p>			
Training Annexe, Yoakley House, Drapers Close, MARGATE , Kent CT9 4AH	Tuesday 27 November 2018	9.30am-12.30pm	£25.00 per person
Petham Village Hall, Church Lane, Petham, CANTERBURY , Kent CT4 5RD	Friday 30 November 2018		
<p>UNDERSTANDING SENSORY PROCESSING DISORDER – TRACY MAPP <i>'Sensory Processing Disorder is not the end of the world. It is the beginning of a whole new world!'</i> From the child who seeks out certain tastes and textures to the child who trips over every bump to the child who actively avoids touch, hypersensitivity (over responsiveness) and hypo sensitivity (under responsiveness) to sensory information can be challenging both to identify and to support. In this short course, we will explore the complex nature of Sensory Processing Disorder, it's inconsistencies and effective ways to support children who struggle to process everyday sensations.</p>			
West Faversham Community Centre, Bysing Wood Road, FAVERSHAM , Kent ME13 7RH	Thursday 20 September 2018	9.30am-12.30pm	£25 per person
<p>SENSORY PROCESSING DISORDER IN THE EARLY YEARS - EMMA KAYE Does your child or children you work with struggle with noise, movement, touch? Are they always seeking sensory feedback or do they not register pain or discomfort?</p>			



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<p>The Contented Child brings you sensory processing difficulties in the early years. A workshop, for professionals working in the Foundation Stage and parents who have a pre-school child with sensory processing difficulties (SPD). The workshop looks at how sensory processing difficulties may present in the preschool child. Looking at the child who seeks out sensory feedback, to the child who actively avoids touch (hypersensitivity) and the child who is under responsive (hyposensitivity). Our workshop, aims to;</p> <ul style="list-style-type: none"> Understand developmental stages of sensory processing Sensory processing difficulties in the early years The hypersensitive/hyposensitive child How sensory processing difficulties impact on behaviour Sensory processing and associated conditions Strategies and activities to support the preschool child, who struggles with sensory processing. <p>Delegates will have an opportunity to gain a theoretical overview of sensory processing difficulties. Delegates will explore the impact on the child's behaviours and ability to learn, when they are experiencing SPD. Delegates will be supported to think about the environment at nursery/home. Delegates will be supported to understand and use strategies that enable children with SPD to, cope in the environment and make progress.</p>			
Singleton Village Hall, Hoxton Close, Singleton, ASHFORD , Kent TN23 5LB	Thursday 29 November 2018	9.30am-12.30pm	£25 per person
<p>SPD INTERVENTIONS IN THE EARLY YEARS - EMMA KAYE</p> <p>Many children struggle with processing sensory information and they may seek out or avoid, sensory experiences. These children may struggle with avoidance of touching certain textures, a need to carry objects around, highly sensitive to light, sound and smell. These children may have poor concentration, constantly fidget and move or can be very non-compliant. Alternatively the child might be under-aroused and not responsive to the stimulus in the setting.</p> <p>The workshop will look at how to carry out a small intervention group to support children's social skills, listening skills, self-esteem, sequencing and exposure to sensory experiences. The workshop, will focus on;</p> <ul style="list-style-type: none"> What is sensory processing? Sensory processing difficulties in children Characteristics of developmental delay Running an intervention group Sensory materials and resources Evidencing impact of the intervention group <p>Delegates will learn about sensory processing difficulties in young children. They will look at how they can carry out small intervention group at nursery, which meet the needs of children with SPD. These groups may also include children with autism.</p>			
Singleton Village Hall, Hoxton Close, Singleton, ASHFORD , Kent TN23 5LB	Thursday 4 October 2018	9.30am-12.30pm	£25 per person
Training Annexe, Yoakley House, Drapers Close, MARGATE , Kent CT9 4AH	Wednesday 10 October 2018		



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THE A-Z OF DYSLEXIA– NATALIE BARNETT

This course is designed for professionals as well as parents and carers with children that have literacy difficulties and possible dyslexia. It will look at what is dyslexia, what to look out for when working with your child and how to help them achieve success. The course will also provide an overview of phonics and how this plays a large part of reading and writing success. This course is very hands on and so a camera phone will be useful to take away images of what you have seen and participated in.

Content-

- What is dyslexia? Working through definitions and what to look for. Myth busting. Social and emotional costs of dyslexia.
- How does it feel to have dyslexia? Examples of common issues through activities.
- How does memory play a large part in dyslexia? Auditory and visual memory games and activities.
- What is phonics? Looking at how words are constructed and deconstructed for spelling.
- How can I help at home? Reading and spelling hands on activities.
- What’s next? Looking forward to assessments, specialist teaching sessions, support from school.

Parent Review

'Thank you so much to Natalie, I learnt more in the last three hours about dyslexia and how to support my son than I ever thought I would. I just wish I had done the workshop sooner! I highly recommend the workshop, it's the best thing you can do if you suspect or know your child has dyslexia'

Singleton Village Hall, Hoxton Close, Singleton, ASHFORD , Kent TN23 5LB	Friday 30 November 2018	9.30am – 12.30pm	£25 per person
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HOW TO RUN A MULTI-SENSORY LITERACY INTERVENTION – NATALIE BARNETT

Have you ever wondered why a group of children do not make noticeable progress even after many hours of intervention? Perhaps these children have had years of intervention, daily reading, phonic boosters and yet they are still not achieving their potential. This course is designed for SENCOs, teachers and TAs and will provide some answers as to why the child is not progressing and how to change this outcome.

In the UK it is thought that 1 in 10 learners have dyslexia...that’s 10% of the school population. This intervention outline will support dyslexic students as well as students with other needs such as ASD, ADHD and Dysgraphia.

Content-

- Looking at reasons behind poor progress in literacy.
- Designing an intervention using strengths and weaknesses.
- How to use multi-sensory input and why this is important.
- Lesson outlines and examples

The interventions will cover phonics, handwriting, spelling, reading and writing in context, auditory and visual memory, phonological awareness and the alphabet.

Battle of Britain War Memorial, New Dover Road, Capel-le-Ferne, FOLKESTONE , Kent CT18 7JJ	Friday 19 October 2018	9.30am – 12.30pm	£25 per person
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<p>DEMAND AVOIDANCE IN THE EARLY YEARS - EMMA KAYE For parents and professionals Defiant, argumentative, controlling.....or a typical pre-schooler? This short workshop, is for professionals working in the Early Years and parents who have a pre-school child. The workshop explores the conditions of; Oppositional Defiance Disorder/Pathological Demand Avoidance. By focusing on the characteristics of both in relation to typical development of a pre-school child. Our workshop aims to Look at ODD/PDA characteristics Typical development of a preschool child and associated behaviours Parenting a child with PDA – Video interview Associated neurological conditions Strategies and resources to support a child with extreme demand avoidance Delegates will have an opportunity to gain a theoretical overview of ODD/PDA and other presenting needs and consider how this impacts on the child’s behaviours and ability to learn. Delegates will be supported to think about their own practice in nursery and at home. Delegates will be supported to understand and use strategies that enable children with ODD/PDA to, cope in the environment and make progress.</p>			
Singleton Village Hall, Hoxton Close, Singleton, ASHFORD , Kent TN23 5LB	Friday 25 September 2018	9.30am-12.30pm	£25 per person
Petham Village Hall, Church Lane, Petham, CANTERBURY , Kent CT4 5RD	Friday 19 October 2018		
Training Annexe, Yoakley House, Drapers Close, MARGATE , Kent CT9 4AH	Wednesday 28 November 2018		
<p>MANAGING CHALLENGING AND VIOLENT BEHAVIOUR with TRACY MAPP (PRIMARY) This three hour workshop for parents is designed to empower; To develop knowledge confidence and skills in understanding and managing behaviour that challenges from children – including violent, aggressive behaviour. Participants will learn important aspects of the science of behaviour - why certain behaviours occur, what keeps behaviours happening and ways to help change behaviour and rebuild positive relationships. Participants will have opportunity to actively trial techniques in a safe environment and will leave the workshop with a toolkit of practical strategies. Parent Review <i>‘A very informative course, with lots of resources and practical strategies to use’.</i></p>			
Ryarsh Village Hall, Birling Road, Ryarsh, WEST MALLING , Kent ME19 5LS	Friday 5 October 2018	9.30am – 12.30pm	£25 per person
Iwade Barn, 20 All Saints Close, Iwade, SITTINGBOURNE , Kent ME9 8FP	Friday 30 November 2018		
<p>MISUNDERSTOOD DEFIANCE – UNDERSTANDING AND SUPPORTING PDA AND ODD with TRACY MAPP</p>			



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How do you cope when presented with a child who is persistently defiant, argumentative, irritable and presents as needing to be in control of everything – to the extent that seriously interferes with day to day life?

Pathological Demand Avoidance Syndrome (PDA) and Oppositional Defiant Disorder (ODD) are diagnoses that can describe such behaviour. This short training session seeks to explore behaviours linked to these diagnoses so that parents and professionals can have a better understanding of why and how they occur.

The course will explore the recommended strategies for supporting and ways to manage when faced with these challenging behaviours.

There will be opportunities for Q and A throughout with handouts providing links and signposting to further information for those who wish to explore further.

Parent Review

'It was very useful, the information given was easy to understand and take on board'.

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St Margaret's Village Hall, Reach Road, St Margaret's at Cliffe, DOVER , Kent CT15 6AP	Tuesday 13 November 2018		
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Ryarsh Village Hall, Birling Road, Ryarsh, WEST MALLING , Kent ME19 5LS	Tuesday 27 November 2018		

UNDERSTANDING SELF HARM – MARIE SWINBOURNE

Self-harm is when somebody intentionally damages or injures their body. It's usually a way of coping with or expressing overwhelming emotional distress.

Learning Objectives:

- Review the definition of 'self harm' and explore the prevalence among young people
 - Discuss how to address young people who have self-harmed and the appropriate dialogue to take when broaching this subject.
 - Discuss when and how to refer to professional mental health services
 - Highlight evidence-based interventions, approaches and strategies for use in schools and home.
- Overview of CBT and motivational interviewing

The programme will also look at signs/ triggers, reasons why children self-harm, body image and stigma. There will also be an opportunity to discuss any concerns and explore school self-harm policies if relevant.

DATES TBC AVAILABLE BESPOKE			
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AUTISM AND GIRLS, THE HIDDEN GENDER – TRACY MAPP

'Are parents and professionals missing the signs of autism in girls?' (Kate Reynolds)



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<p>Autism is often described as the 'exaggerated male brain' and certainly there is prevalence in diagnosis with current National Autistic Society figures showing that only 1 in 4 diagnoses are female. Is this really an accurate picture though? Are boys really more susceptible to this condition?</p> <p>In this course, we explore why autism is different for girls, the gender issues within diagnostic methods and the issues with gender bias even post diagnosis. We will look at the particular characteristics presenting within girls as well as female friendly strategies for dealing with big issues such as puberty.</p>			
West Faversham Community Centre, Bysing Wood Road, FAVERSHAM , Kent ME13 7RH	Thursday 8 November 2018	9.30am – 12.30pm	£25.00 per person
Ryarsh Village Hall, Birling Road, Ryarsh, WEST MALLING , Kent ME19 5LS	Wednesday 21 November 2018		
Singleton Village Hall, Hoxton Close, Singleton, ASHFORD , Kent TN23 5LB	Thursday 22 November 2018		
<p>Foetal Alcohol Spectrum Disorder – SHARON JACKSON of FASD Awareness</p> <p>'Foetal Alcohol Spectrum Disorders (FASD) is an umbrella term describing the range of effects that can occur in an individual whose mother drank alcohol during pregnancy. These effects may include physical, mental, behavioural and/or learning disabilities with lifelong implications'.</p> <p>This three hour workshop will look at:</p> <ul style="list-style-type: none"> • What is FASD and how is it caused • Diagnosis and Misdiagnosis • How FASD affects day to day living • Secondary conditions linked to FASD • Growing up with FASD • Statistics and how to prevent <p>Delegates will have the opportunity to have their questions answered in a relaxed atmosphere from a friendly and approachable trainer.</p>			
<p>AVAILABLE BESPOKE</p>			
<p>AUTISM SPECTRUM DISORDER (ASD) AWARENESS with TRACY MAPP</p> <p>The aim of this workshop for parents / carers is to raise awareness of ASD and how this can impact on individuals with the condition. The session provides an overview of the key characteristics of Autistic Spectrum Disorder, looks at how ASD is diagnosed and considers the wide-ranging needs of individuals with the condition at different ages. It also aims to challenge and highlight assumptions people may have about the condition and crucially, explore the strengths of ASD and celebrate the individuality and wide-ranging achievements of people with the condition. There will be opportunities for Q & A and discussion with handouts providing links and signposting to further information for those that wish to explore further.</p>			



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Introduction, Notion of neuro-diversity Prevalence / Terminology
Overview of key characteristics of autism
Language and communication
Repetitive behaviours / Special interests
Sensory processing
Theory of mind / mindblindness - The Sally-Anne Test
Diagnosis
Complexity of ASD - co-occurring conditions
The changing support needs of individuals with ASD at different ages & stages
Media presentations of ASD, common assumptions & misconceptions
Gender - hidden autism
Strengths of Autism, Challenging limitations
How ASD has changed the world for the better - a focus on the achievements of people with the condition

Parent Review

'A great course, lots of information given and broken down into understandable info. It was good to hear the message to focus on positives'.

West Faversham Community Centre, Bysing Wood Road, FAVERSHAM , Kent ME13 7RH	Wednesday 26 September 2018	9.30am – 12.30pm	£25 per person
Iwade Barn, 20 All Saints Close, Iwade, SITTINGBOURNE , Kent ME9 8FP	Thursday 18 October 2018		
Ryarsh Village Hall, Birling Road, Ryarsh, WEST MALLING , Kent ME19 5LS	Friday 16 November 2018		

Online booking is available at www.thecontentedchild.co.uk

Should you wish to express an interest in a workshop, request an invoice or enquire as to availability of competitively priced bespoke sessions within your setting, please contact Sally Turner at training@thecontentedchild.co.uk.

