

Childhood Neurodivergence Workshop Programme

Parent/Carer Workshops February to March 2025

Neurodiversity means that across the population there is variation in people's brains. Having people in society who see the world differently and have unique skills is an important part of life to be celebrated. The term "neurodivergent" refers to people whose brains work differently to the typical cultural standards. Neurodivergence includes conditions that people are born with including autism, ADHD, learning disability and learning disorders.

The NSFT Psychology in Schools Team is offering an online parent/carers workshop program that addresses childhood neurodiversity and covers key topics that families have identified as most helpful. These workshops are offered to support families on the neurodevelopmental (NDD) pathway in Suffolk. To book your place onto upcoming live workshops visit: [Neurodiversity online parent/carers workshops - Suffolk SEND Local Offer](#). You can also access our previous childhood neurodiversity workshop recordings and resources using this link. By registering for any of the childhood neurodiversity workshops, even if you are unable to attend a workshop live, you will receive a copy of the workshop recording, slides and resources.

Please see the schedule for February and March below:

Childhood Neurodivergence: Managing Parental/Carer Stress

For parents/carers of children aged 0-18 years. Research suggests that parent/carers of neurodivergent children and young people experience greater stress than parents/carers of neurotypical children and young people. This workshop will explore the reasons for this and consider some ways to manage parental/carers stress and support your own wellbeing.

Tuesday 25th February 2025 13:00 PM – [Register here](#)

Childhood Neurodivergence: Understanding and Supporting Sensory Needs

Understanding and Supporting Sensory Needs: For parents/carers of children aged 0-18 What are the different sensory systems? What might sensory processing differences look like in children and young people? This workshop will answer these questions and explore how parents/carers can support a child or young person's sensory needs.

Wednesday 26th March 2025 13:00 PM – [Register here](#)

These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. For more information, visit the local offer page here: [Neurodiversity online parent/carers workshops - Suffolk SEND Local Offer](#).

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