

Childhood Neurodivergence Workshop Programme

Parent/Carer Workshops Summer Term 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.

This programme of free virtual workshops supports families on the East and West Suffolk neurodevelopmental pathway. The workshops explore nurturing the unique strengths of neurodivergent children and young people and provide advice on how to support them with the challenges they face. The workshops are live on Zoom and are 90 minutes long. Recordings of the workshops and resource packs are sent after the live event to everyone who has registered.

Supporting Planning, Organising and Remembering

This workshop explores cognitive difficulties in childhood such as planning, organising and remembering things. The workshop considers how these difficulties can impact on day-to-day life and give advice on how parents/carers can support their neurodivergent child with cognitive difficulties. **Tuesday 29th April – 13:00** [Book Here](#)

Supporting Your Child with Low Mood

Everyone has days when they feel low, this is normal. Sometimes this low mood hangs around for longer and starts to make it difficult for our children to do the things that are important to them. This workshop supports you to have a better understanding of why neurodivergent children may be vulnerable to low mood, the warning signs, and provide you with strategies to support your child.

Wednesday 21st May – 13:00 [Book Here](#)

Understanding and Supporting Eating Difficulties

This workshop is for parents/carers concerned about their neurodivergent child's limited diet (i.e. avoiding or restricting certain foods). We explore why children may struggle to eat, anxiety around eating and how parents/carers can support children with these eating struggles. This workshop is not aimed at parents of children whose eating difficulties relate to body image concerns.

Wednesday 25th June – 13:00 [Book Here](#)

Managing Big Feelings

This workshop explores why neurodivergent children may develop difficulties with their emotions, including anxiety and low mood, and how parents/carers can support their child with managing their big feelings. **Tuesday 15th July – 13:00** [Book Here](#)

Supporting Your Neurodivergent Teenager

For parents/carers of children aged 13+. From managing exam stress to peer pressures in friendship groups, being a teenager brings new experiences for young people. This workshop explores differences for neurodivergent teenagers and ways to support your neurodivergent teen into early adulthood. **Monday 18th August – 13:00** [Book 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. To access upcoming workshops, prerecorded workshops and resources in our Childhood Neurodivergence series, scan this QR code or click on the link below:

[Childhood Neurodivergence parent/carers workshops - Suffolk Local Offer](#)

