



Building
stronger
families

THIS IS ME

Understanding my behaviours as I have different needs

Workshops for parents/carers to explore and understand their child's behaviour if they are neurodiverse or on a diagnosis pathway.

Written by Dr Melanie Bruce and Dr Stephanie Summers Clinical Psychologists NCH&C

All sessions delivered virtually, so you can attend from the comfort of your own home.

Session One:

- Introduction by Dr Mel Bruce
- Understanding your child's needs
- Needs and behaviours

Session Two:

- Introducing the bucket model
- Observing behaviour

Session Three:

- This Is Me plan
- Completing a plan

Session Four:

- Effective communication

Session Five:

- Dealing with sensory issues
- Routine praise and rewards

Session Six:

- Understanding meltdowns
- Repair, reflect and restore



*"Thank you for providing families with so much brilliant information and resources they otherwise wouldn't know about. It's been eye opening and interesting to take part in the sessions, I really appreciate the work you are doing and the help and knowledge you have provided us."
Parent attending workshop*

www.family-action.org.uk

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Registered as a Charity in England & Wales no: 264713.
Registered as a Charity in the Isle of Man no: 1206.
Registered Company Limited by Guarantee in England and Wales no: 01068186.

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