

Parent Carer Skills Builder (Early Years and Key Stage 1)		
Course	Blurb	Date and Time
Summer Term		
Understanding my Child's Early Development	<p>During this session, we will focus on early brain development and emerging characteristics of neurodevelopmental conditions (particular focus on ADHD and Autism).</p> <p>The session will introduce parents and carers to strategies that can be implemented within the home.</p>	12.05.25 9.30am - 10.30am
Developing Skills in Emotional Self-Regulation	<p>This session will explore how children learn to recognise, understand and manage their emotions. We will discuss how this develops in the early years, and the impact of emerging neurodivergence.</p> <p>Parents and carers will be introduced to a range of strategies to support emotional reactivity at home.</p>	02.06.25 1pm - 2pm
Supporting my Child's Early Communication	<p>This session will explore early communication and how this may present differently in our children.</p> <p>We will focus on how strategies can be used, in the home to support young children who may be showing a difference in this area.</p>	07.07.25 6pm - 7pm
Autumn Term		
Understanding my Child's Early Development	<p>During this session, we will focus on early brain development and emerging characteristics of neurodevelopmental conditions (particular focus on ADHD and Autism).</p> <p>Introducing parents and carers to strategies that can be implemented within the home.</p>	08.09.25 1pm - 2pm

Understanding and Supporting Sensory Integration	<p>During this session, we will explore the sensory system and how sensory integration differences can impact our young children.</p> <p>We will share strategies to support sensory integration difference at home.</p>	06.10.25 9.30am - 10.30am
Creating a Positive Bedtime Routine	<p>This session will explore how sleep can be impacted for our children, with emerging characteristics of neurodevelopmental conditions.</p> <p>We will look at strategies and share ideas of how to create a positive bedtime routine.</p>	03.11.25 6pm - 7pm
Spring Term		
Understanding my Child's Early Development	<p>During this session, we will focus on early brain development and emerging characteristics of neurodevelopmental conditions (particular focus on ADHD and Autism).</p> <p>Introducing parents and carers to strategies that can be implemented within the home.</p>	12.01.26 6pm - 7pm
Understanding and Supporting Sensory Integration	<p>During this session, we will explore the sensory system and how sensory integration differences can impact our young children.</p> <p>We will share strategies to support sensory integration difference at home.</p>	09.02.26 1pm - 2pm
Developing Skills in Emotional Self-Regulation	<p>This session will explore how children learn to recognise, understand and manage their emotions. We will discuss how this develops in the early years, and the impact of emerging neurodivergence.</p> <p>Parents and carers will be introduced to a range of strategies</p>	09.03.26 9.30am - 10.30am

	to support emotional reactivity at home.	
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