



HOW TO MANAGE THE REALITY

As Lockdown 3 hits, we are beginning to see the incredibly immense impacts on our mental health that have occurred. The impact on our neurodivergent children comes with a unique set of manifestations and needs, Parents are struggling to know the best way to communicate support in a way that it can be received. This session does a deep dive into the best techniques for giving emotional support to our Neurodivergent children. Parents will leave knowing how to see beneath behaviour to understand where the actual stressor lies. With this information, they can then give SPECIFIC support that will benefit their child.

SESSION OUTLINE

- Understanding the Neurodivergent Brain's Reaction to Stress
- Seeing Beneath Surface Behaviour
- Managing Meltdowns
- Communicating in Your Child's Language
- Self-Care for Caring Parents
- Useful websites and resources

SESSION INCLUDES

- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the session
- Open forum to ask questions

GWEN JONES (SPEAKER)

Gwen studied Psychology at the University of Utah with a focus on child and adolescent development. She then trained to become a teacher in Special Education, working with children with severe behaviour disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK at the primary and secondary levels. Most recently, she has trained as a psychotherapist, family therapist and parent coach and now works with both children and parents in that capacity. A mother of 4, she is very active in her children's schools serving as a volunteer, Rainbow leader and chair of the PTFA. Political activism has always played a strong role in her life. She and her family have been active in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.