



Hart and Rushmoor Family Support Service

Are you a parent/carer of a child aged 2-13 years who has additional needs such as ASD or ADHD and needs support with understanding your child's emotions and managing behaviour?

SEN Family Links Nurturing Programme could be the help you need!

This is a 10 week **free course** which provides strategies which will enable you to:

Understand why children behave as they do
Recognise the feelings behind behaviour (yours and theirs)

Explore different approaches to discipline
Find ways to develop co-operation and self-discipline in children

Learn the importance of looking after yourselves

If you are interested in attending this course, please speak to any professional linked to your family such as a health visitor, midwife, teacher, social worker etc. who can nominate you to the programme

The team at the Family Support Service look forward to meeting you.