

EMBRACING DIFFERENCE

Recorded Group Sessions for Parents/Carers



What is it?

Embracing Difference is a **6-session recorded group** for parents of **primary aged children** who are **neurodivergent** or present with developmental divergence.

The group aims to provide parents with **up-to-date information and strategies to support their child**, to optimise their learning and reduce distress. It also offers strategies to support **parental self-care and wellbeing**.

Embracing Difference **draws from current research and evidence-based practice** to provide information on how to support children who are neuro-divergent.

Each week focusses on a different area and provides strategies and information for parents to use with their child, in order to support them to flourish.

- **Session 1: Introduction to neurodevelopmental diversity**
- **Session 2: Communication**
- **Session 3: Sensory issues & sleep**
- **Session 4: Social emotional skills**
- **Session 5: Supporting behaviour**
- **Session 6: Celebrating difference**

How do I access it?

You can access all 6 recorded group sessions using the below weblink to a Vimeo video channel:

<https://vimeo.com/channels/1927448>

