

## Session 3 resource pack: Emotional Regulation: How to Support Neurodivergent Children with Emotional Processing and Anxiety

### Mental health

- YoungMinds mental health charity for children and young people [www.youngminds.org.uk](http://www.youngminds.org.uk)
- Apps: Headspace, Calm, Combined Mind, Sleepio, Clear Fear (anxiety), Move Mood
- The Source information and advice for young people in Suffolk [www.thesource.me.uk](http://www.thesource.me.uk)
- Kooth free online counselling for ages 11-25 in Suffolk [www.kooth.com](http://www.kooth.com)
- Suffolk Support and self-help guide – local services

### Self-harm and suicide

- [MIND urgent help](#)
- Suffolk *if your child needs urgent mental health support you can call the NHS 111 service on **111 option 2**, free service available 24/7*
- For school staff Psychology in Schools Workshop on supporting students who self harm - [Supporting students who self harm](#)
- For parents/carers, Psychology in schools team mental health series: Understanding self harm in children/adolescents workshop - [Understanding Self-Harm in Children/Adolescents](#)
- Alumina free online self-harm support group for 11-19 year olds [www.selfharm.co.uk](http://www.selfharm.co.uk)
- Calm Harm an award-winning app developed to help teenagers manage the urge to self-harm
- Papyrus “Supporting your child: self-harm and suicide” a guide for parents and carers [www.papyrus-uk.org](http://www.papyrus-uk.org)

### Support and Advice in Suffolk

Guide supporting your neurodivergent child/young person: [ECC Supporting Your Neurodivergent Child indesign V8](#)

Parent/carer networks:

[PACT | Parents And Carers Together | Suffolk](#)

[Suffolk Parent Carer Forum \(suffolkpcf.co.uk\)](http://suffolkpcf.co.uk)

The Source Engagement Hub:

<https://thesource.me.uk/engagement-hub/>

Suffolk Local Offer

<https://www.suffolklocaloffer.org.uk/>

Behaviour safe at Home: Two-day course, £10 per person. Link for dates:

[Behaviour safe at Home - Suffolk SEND Local Offer](#)

Parenting courses and more:

[The Parent Hub - Suffolk County Council](#)

Neurodivergent Abilities - [Home | Neurodivergent Abili](#)

Action for children - [Support when you feel like you can't cope as a parent](#)

## **Suffolk Sendiass SENDIASS**

### **Parent workshops on SEND including:**

- What is a special educational need (SEN)?
- SEN support in schools
- EHC Needs Assessment
- Preparing for school transitions
- Recorded previous workshops on YouTube

[Parent & carer information sessions - Suffolk SENDIASS](#)

[Suffolk Sendiass - YouTube](#)

## **Psychology in Schools Team Free Workshops**

[www.nsft.uk/workshops](http://www.nsft.uk/workshops) Eventbrite page - book onto live upcoming mental health workshops

[Parent workshops | Norfolk and Suffolk NHS](#) – to watch recorded workshops



**Childhood Neurodiversity workshops Find us on the Suffolk local offer page here: [Neurodiversity online parent/carers workshops - Suffolk SEND Local Offer](#)**

[From our childhood neurodiversity series...](#)

## **Childhood Neurodivergence: Supporting your child with low mood**

For parents/carers of children aged 0-18 years. Everyone has days when they feel low, this is normal. Sometimes this low mood hangs around for longer and starts to

make it difficult for our children and young people to do the things that are important to them. This workshop will support you to have a better understanding of why neurodivergent children may be vulnerable to low mood, the warning signs, and provide you with strategies to support your child/young person.

Watch here: [Childhood Neurodivergence: Supporting Your Child with Low Mood - YouTube](#)  
[Childhood Neurodiversity - Supporting Your Child with Low Mood slides](#)  
[Childhood Neurodiversity - Emotion Wheel](#)  
[Childhood Neurodiversity – Self-help guide](#)

### **Childhood Neurodivergence: Supporting Planning, Organising and Remembering**

This workshop will explore cognitive differences in neurodivergent children such as planning, organising and remembering things. The workshop will consider how these differences can impact on day-to-day life and give advice on how parents/carers can support their children and young people with cognitive differences

Watch here: [Childhood Neurodivergence: Supporting Planning, Organising and Remembering](#)  
[Childhood Neurodiversity - Supporting Planning, Organising and Remembering slides](#)  
[Childhood Neurodiversity – Self-help guide](#)

### **Childhood Neurodiversity: Understanding and Supporting Sensory Needs**

What are the different sensory systems? What might sensory processing differences look like in children and teenagers? This workshop will answer these questions and explore how parents and carers can support a child's sensory needs.

Watch here: [Childhood Neurodiversity: Understanding and Supporting Sensory Needs](#)  
[PowerPoint overheads – with resources and signposting](#)  
[A support and self-help guide containing self-help information and details of services available in Norfolk and Suffolk](#)  
[Additional resource: Resource pack – Sensory Needs Resources](#)

We would really appreciate your feedback on this workshop, we have an online feedback survey which should take around 5-10 minutes to complete if you wish to do so: [Supporting Sensory Needs Feedback Survey](#)

### **Building Understanding and Supporting your Child with Tourette's/Tics**

This workshop provides information about Tourette's and Tics in children and adolescents, dispels some common myths, and gives guidance on how you can best support your child/adolescent as they negotiate the highs and lows of life with tics.

Watch here: [Building Understanding and Supporting your Child with Tourette's/Tics](#)  
[Childhood Neurodiversity Supporting your Child with Tourette's/Tics slides](#)

## **Childhood Neurodiversity: What You Need to Know as a Parent/Carer**

What is neurodiversity? What is autism, ADHD and learning disability? Does my child need a diagnosis to get support? This introductory workshop will answer these questions and introduce where parents/carers can find advice and guidance for supporting their neurodivergent children. The workshop will also outline what you can expect having referred your child for consideration for assessment by the Suffolk NSFT teams (including the screening and assessment process).

Watch here: [Childhood Neurodiversity: What You Need to Know as a Parent/Carer](#)  
[Childhood Neurodiversity - What You Need to Know as a Parent or Carer Slides](#)  
[Childhood Neurodiversity - What You Need to Know as a parent or carer Resource Pack](#)

## **Childhood Neurodiversity: Supporting Social Relationships**

This workshop discusses social relationship differences for neurodivergent children, and how parents/carers can support their children with understanding and managing social relationships. This workshop covers topics on friendship, family relationships and social relationships.

Watch here: [Childhood Neurodiversity: Supporting Social Relationships - YouTube](#)  
[Childhood Neurodiversity Supporting Social Relationships Slides](#)  
[Childhood Neurodiversity Social Relationships Resource Pack](#)

## **Childhood Neurodiversity: Supporting your Child's Education**

For parents/carers of school aged children.

Many parents/carers have reported the struggles their children are facing in education. This workshop will provide advice and guidance on how parents/carers can navigate some of the challenges they will likely be facing.

Watch here: [Childhood Neurodiversity: Supporting Your Child's Education](#)  
[Childhood Neurodiversity Supporting Your Child's Education Slides](#)  
[Childhood Neurodiversity Supporting Your Child's Education Resources](#)

## **Childhood Neurodiversity: Supporting Your Child with Anxiety**

A workshop which explores valuable strategies and tips to help your child with anxiety. This workshop will explore what anxiety is, how this may present in neurodivergent children and offer practical advice and strategies to support your child in this area.

Watch the recording here: [Childhood Neurodiversity: Supporting your child with anxiety - YouTube](#)  
[Childhood Neurodiversity - Supporting Your Child With Anxiety Slides](#)  
[Childhood Neurodiversity Anxiety Resource Pack](#)

## **Childhood neurodiversity: Understanding and supporting sleep difficulties**

Sleep difficulties can have a huge impact on a child's emotions, behaviour, learning and health. This workshop will explore sleep differences for neurodivergent children, and how parents/carers can support their children with sleep.

Watch here: [Understanding and supporting sleep difficulties Youtube](#)  
[Childhood neurodiversity: Understanding and supporting sleep difficulties slides](#)  
[Childhood neurodiversity: Understanding and supporting sleep difficulties Resource Pack](#)

### **Childhood Neurodiversity: Managing Parental/Carer Stress**

Research suggests that parents/carers of neurodivergent children experience greater stress than parents/carers of neurotypical children. This workshop will explore additional stressors you may encounter as a parent/carer of a neurodivergent child, how to manage parental/carer stress and support your own wellbeing.

Watch here: [Managing Parental/Carer Stress YouTube](#)  
[Childhood neurodiversity: Managing Parental/Carer Slides](#)  
[Childhood neurodiversity: Managing Parental/Carer Self-help guide](#)

From our previous childhood neurodiversity series:

- [Understanding and Supporting Eating Difficulties](#)
- [Understanding and Managing Behaviour](#)
- [How the Brain Develops](#)
- [The Impact of Early Life Stress](#)
- [Supporting Language and Communication](#)
- [The Benefits and Problems with Using Technology](#)
- [Childhood Neurodiversity: Managing Big Feelings \(including Anxiety and Low Mood\)](#)

### **From our mental health series...**

- [Understanding Self-Harm in Children/Adolescents](#)