

# TIME OUT FOR PARENTS



## CHILDREN WITH ADDITIONAL NEEDS

Sessions for anyone parenting children with additional needs aged 3 to 11

Date:  
Mondays  
1<sup>st</sup> June- 6<sup>th</sup> July  
7.30pm-9.30pm

This course will run online via  
Zoom

Once you've booked, you will  
be provided with a link to  
register your contact details  
with Hope for Families.

Booking closes on 26<sup>th</sup> May

For information contact  
Hope for Families  
07784 333825  
or email

[hello@hopeforfamilies.org.uk](mailto:hello@hopeforfamilies.org.uk)

Common-sense, **jargon-free** information  
and ideas to help you to engage with your  
children and **boost your relationship**



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## CHILDREN WITH ADDITIONAL NEEDS

*Time Out for Parents* courses from Care for the Family provide common-sense, jargon-free information and ideas to help you to engage with your children and boost your relationship.

If you have children with additional needs aged 3 to 11, then *Time Out for Parents – Children with Additional Needs* is for you. Over 6 sessions you'll increase your skills and confidence as a parent and discover practical tools to make your relationship with your child even better.

### The sessions

- Session 1** The additional needs experience
- Session 2** Raising emotionally healthy children
- Session 3** Understanding feelings
- Session 4** Boundaries and battles
- Session 5** A behaviour toolkit
- Session 6** The wider circle of care



Care for the Family, Tovey House, Cleppa Park, Newport, NP10 8BA.  
Tel: 029 2081 0800. [cff.org.uk](http://cff.org.uk)

Care for the Family is a Christian initiative to strengthen family life, offering support to families. A registered charity (England and Wales: 1066905; Scotland: SC038497).

