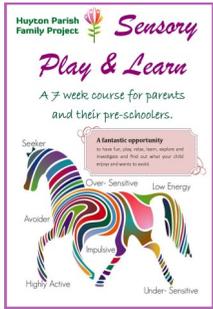


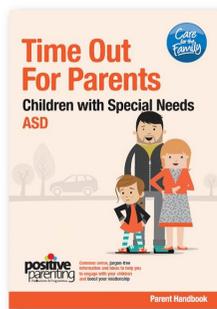
Funded by Knowsley Short Breaks



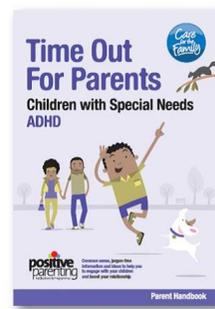
Starting Tuesday  
12th September  
12.30 - 3.00pm



Starting Wednesday  
13th September  
10.00am - 11.30am



Starting Wednesday  
15th November  
9.30am - 12 noon



Starting Wednesday  
15th November  
12.30 - 3.00pm

Courses run from St. Michael's Church Hall, Bluebell Lane,  
Huyton. L36 7SA

**Time Out Courses are free and include a parent handbook plus refreshments.**

**There is a small charge for Sensory Play & Learn to help cover costs of £1.50 per child per week.**

For more information or to book a place &/or crèche call

0151 482 6042

07882 105 419

or email [familyworker@btinternet.com](mailto:familyworker@btinternet.com)

Follow us on Facebook at St. Michael's Family Support  
and Twitter on @huytonfamilies

## Time Out for Parents: Children with Special Needs

*Parents of children with special educational needs often feel isolated and frustrated that 'standard parenting advice' sometimes doesn't work. This is what some parents have said about the course*

*"Well structured course, carried out in great detail."*

*"It was presented in a non-judgemental way. The first true understanding and relevant support given. The trainers LISTENED!"*

*"It has been amazing to learn so much from the course & other parents. I've developed strategies' to manage behaviour & my understanding has grown significantly regarding my son's special needs."*



## Time Out For Parents

Children with Special Needs

positiveparenting

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



### Time Out for Parent's - Children with Special Educational Needs

is a 10 week course and runs for 2.5 hours each week which gives us time within each session to discuss the topics which come up to some degree.

The course aims are to:

- ◇ Improve self-esteem, confidence and empowerment.
- ◇ Improve understanding of child development and child care.
- ◇ Explore feelings and increased understanding of non-finite loss and grief.
- ◇ Increase understanding of provisions for children in England.
- ◇ Increase parenting skills in communication, boundary setting and attitudes to discipline and behaviour modification strategies.
- ◇ Improve relationships and understanding with the wider family, especially with siblings of the child with special needs.

## Time Out For Parents

Children with Special Needs  
ASD

positiveparenting

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



### Time Out for Parents - Autistic Spectrum Condition

is a 6 week follow on course to Time Out for Parents - Children with Special Needs and each session lasts 2.5 hours per week. An opportunity is given each week to discuss the topics.

The course aims are to:

- ◇ Understand what is meant by ASC: (Communication difficulties, Social interactions. Imagination and Special interests.)
- ◇ Identify how ASC affects our child.

- ◇ Identify or child's sensory difficulties and start to build up a sensory profile.
- ◇ Understand better the reasons behind our child's behaviour.
- ◇ Better understand the principles of ASC behaviour management.
- ◇ Identify behaviours that need to be discouraged.
- ◇ Identify ways of supporting and communicating with our children.
- ◇ Find ways to encourage positive behaviour.
- ◇ Share creative solutions to problems.

## Time Out For Parents

Children with Special Needs  
ADHD

positiveparenting

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



**Time Out for Parent - ADHD** is a 6 week follow on course to Time Out for Parents - Children with Special Needs and each session lasts 2.5 hours per week. An opportunity is given each week to discuss the topics.

The course aims are to:

- ◇ To better understand ADHD and its effects on a child.
- ◇ To enable you to better manage your child's behaviour.
- ◇ To increase your confidence in your skills and abilities as a parent.
- ◇ To help the relationship between you and your child's be better, or even better than it is now.
- ◇ To teach you skills to help raise your child's self-esteem.
- ◇ To identify the best way to effectively discipline your child.
- ◇ To give you tools to help you in your relations with your child's other parent or carer.