



DO YOU CARE FOR A CHILD WITH ADDITIONAL NEEDS AGED 0-8

Come along to our FREE workshops!

Our welcoming and informative sessions cover a range of topics, including:

Managing sleep | Encouraging positive behaviour
How to get what you need for your child | Money matters

Venue: Child Development Centre, Hill Rise, Kempston, Bedford MK42 7EB

Dates: Tuesdays from 14 January 2020 for 5 weeks

Time: 9.45 am refreshments, 10 am start – see overleaf for times

To book your places please email bookings@contact.org.uk
If you need support with additional childcare in order to attend,
Please ask at the time of booking.

contact *For families
with disabled children*

Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169).

WORKSHOP PROGRAMME

Tuesday 14 January 2020, 9.45am refreshments, 10am-2pm (includes lunch – please notify us of any dietary requirements when you book)

WELCOME SESSION

Workshop agenda and getting to know each other

UNDERSTANDING SLEEP

- The importance of sleep and why sleep problems may occur
- How to introduce a sleep routine
- Top tips to help

Tuesday 21 January 2020, 9.45am refreshments, 10am-12.30pm

BUILDING PARENTAL CONFIDENCE

- Develop better communication skills and recognise your strengths
- Feel more confident to make decisions about your child
- Prepare for meetings with professionals

Tuesday 28 January 2020, 9.45am refreshments, 10am-12.30pm

ENCOURAGING POSITIVE BEHAVIOUR

- Understand the reasons for behaviour
- Working with others to encourage positive behaviour
- Top tips to help

Tuesday 11 February 2020, 9.45am refreshments, 10am-12.30pm

MONEY MATTERS

- Know how to improve your finances
- Understand what you're entitled to
- Know where to get support

Tuesday 25 February 2020, 9.45am refreshments, 10am-12.30pm

SUPPORT FOR YOU

- Feel more confident in asking for support
- Relationship support and Top Tips
- Siblings support and Top Tips