

# THIS IS ME: Understanding my behaviours as I have different needs

**Workshops for parents/carers to explore and understand their child's behaviour if they have AUTISM/ADHD or on a diagnosis pathway.**

Written by Dr Melanie Bruce and Dr Stephanie Summers Clinical Psychologists NCH&C

All sessions delivered virtually, so you can attend from the comfort of your own home.

## **Session One:**

- Introduction by Dr Mel Bruce
- Understanding your child's needs
- Needs and behaviours

## **Session Two:**

- Introducing the bucket model
- Observing behaviour

## **Session Three:**

- This Is Me plan
- Completing a plan

## **Session Four:**

- Effective communication

## **Session Five:**

- Dealing with sensory issues
- Routine praise and rewards

## **Session Six:**

- Understanding meltdowns
- Repair, reflect and restore



"Thank you for providing families with so much brilliant information and resources they otherwise wouldn't know about. It's been eye opening and interesting to take part in the sessions, I really appreciate the work you are doing and the help and knowledge you provide"- parent attending workshop

"The workshops have helped me change my approach to my son, I took a step back and observed him, stopped nagging him and allowed him to do things "choosing my battles"- Parent attending workshop

## **For more information please contact:**

Helping Hands Walsall

Email: [helpinghandswalsall@family-action.org.uk](mailto:helpinghandswalsall@family-action.org.uk)

One of the team will get back to you within 5 days.



Building  
stronger  
families

Clinical Commissioning Group

**NHS**  
Walsall