



14th September 2023

Dear Parents and Carers,

I would like to take this opportunity to tell you about the parent/carer webinars from the ADHD Foundation. They offer three webinars that you can access to help support you and your child at home. They are free and available to all parents at Poulton Lancelyn.

Courses Available:-

1. Understanding and supporting my child's ADHD

3 x 1hr webinars, with an opportunity for Q&A afterwards.

The breakdown of the sessions are as follows:

- Neuroscience of ADHD
- Sleep and Wellbeing with ADHD
- Stress Response and Self Resilience

2. ASD webinars

2 x 1hr 15min, with Q&A afterwards

The ASD programme is as follows:

- Understanding ASD presentations and sensory sensitivities
- ASD, Co-morbidity and complexity

3. Understanding Behaviour webinars

2 x 1hr 15min, with Q&A afterwards

- Functions of behaviour
- Promoting the behaviour we would like to see

You can choose to do all three webinars or you can pick and choose the ones you would like to watch.

If you wish to access any of these courses, please send me an email senco@poultonlancelyn.wirral.sch.uk with your name, your child's name and the title of the course. I will then complete the referral form and the ADHD Foundation will email you a link with the full dates and times of the webinars.

Many Thanks

Miss Haworth
Assistant Headteacher/ SENDCO