# THIS IS ME

## "Understanding my behaviours as I have different needs"

**Workshops for parents/carers of children with AUTISM/ADHD or on a diagnosis pathway to explore and understand their child's behaviour**

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

**Session One:**
- Introduction by Dr Mel Bruce
- AUTISM/ADHD what do we know
- Understanding your child's needs

**Session Two:**
- Needs and behaviours
- Introducing the bucket model

**Session Three:**
- Effective communication

**Session Four:**
- Sensory awareness
- Routine praise and rewards

**Session Five:**
- Awareness of behaviours (keeping notes)
- Environment
- Understanding meltdowns
- Repair, reflect and restore

**Session Six:**
- This Is Me plan
- Building a TIM plan




***"Thank you for providing families with so much brilliant information and resources they otherwise wouldn't know about. You're doing a fantastic job and 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***

www.family-action.org.uk

Family Action
34 Wharf Road
London N1 7GR

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**To contact us please email:**
**helpinghandsbc@family-action.org.uk**
**and one of the team will get back to you**

Black Country Mental Health, Learning Disabilities and Autism