

Shropshire Universal Autism Support Service

Kids will be offering the following support to families:

- The 'Healthy Parent Carer' programme, designed to reinforce parent carers' resilience. This programme aims to improve health and wellbeing among parents of children with additional needs and disabilities through:
 - Promoting greater empowerment, resilience and confidence of parent carers;
 - Taking small steps that are associated with better health and wellbeing;
 - Encouraging setting achievable goals and taking a problem-solving approach.
- 'Riding the Rapids' programme to support parent carers' understanding of behaviour and implement support strategies. The course enables parents to understand their child's behaviour in the context of their additional needs, and apply strategies to support positive behaviours. It also helps parents to develop stress management strategies and confidence in managing their child's behaviour. The course is collaborative, so that parents develop tools they can take with them and continue to apply once the intervention is complete. Riding the Rapids differs from other parenting groups as it is applicable to children with a range of disabilities, and has been adapted to meet the needs of particular groups of children with additional needs.
- Coffee mornings and drop-in sessions
- One-to-one support
- Child/young person 'Understanding me' group sessions.

Bespoke workshops that cover:

- ASD Vs ADHD (3 hours)
 - Neurodiversity (Specifically Autism, ADHD and Demand Avoidance)
 - Girls and the Autistic Spectrum
 - Demand Avoidance
 - Sleep
 - EBSA
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