

For Adoptive Parents

Adopters Supporting Education groups

Our offer of drop in sessions for adoptive parents, led by Anne Henderson from TouchBase, written by Louise Michelle Bomber.

1. 'Settling to Learn' 19th September 2016

This session will focus on how we can help our children settle into their new class at the start of the new school year. How we can encourage and support them with practical strategies and attachment based advice.

2. 'Friendships and Play' 17th October 2016

Vulnerable children who have experienced a difficult or unsettled start in life, sometimes find it hard to form and sustain positive relationships with their peers in school. This session looks at how we can support our children to develop peer relationships within the school setting.

3. 'Psychological difficulties: control battles' 21st November 2016

Powerlessness is at the very essence of trauma. Children who have experienced trauma and loss don't trust grown-ups. It is not surprising therefore that our children struggle with following adult's lead. Together we will think up how we can encourage education staff and parents alike to tame these children into relinquishing control and following our lead.

4. 'Executive functioning difficulties: organisation and planning' 12th December 2016

Children who have experienced relational trauma and loss often have many developmental vulnerabilities especially in their 'thinking' brain – the pre frontal cortex. Together we will think up strategies to support them with these additional needs in school.

5. 'Managing disappointment and holding on' 16th January 2017

If something has to be interrupted or at worse can't happen our children can become overwhelmed. Come and learn how to use strategies that can soothe and help them to manage the uncertainties that come with life at school.

6. 'Regulation difficulties: staying calm' 20th February 2017

We know that children who have experienced toxic stress in their early years have faulty alarm systems. Together let's consider their alarm systems and how we can help our children quieten them so that they can be freed up to think clearly.

7. 'Exams and stress: how to manage' 13th March 2017

No one is immune from stress but what can we do when we know our children already have real difficulties with regulation, especially around exam time. Come and find out about some tools and strategies that can really help.

8. 'The 3 R's: regulate, relate and reason' 20th March 2017

Dr Bruce Perry in the states has said that currently we are disrespecting biology. What would the impact be on our children in terms of their learning if we were to truly respect biology and we were to think through when and how we interacted with our children.

9. 'Team Pupil – Working effectively together at home and school' 22nd May 2017

It is now recommended that home and school work very closely together in partnership and that schools do all they can to create smaller worlds for these children in big school systems

– Team Pupil. Together we will consider who is best on this team and the roles and responsibilities of each member.

10. 'Moving to secondary' 5th June 2017

Every transition activates the stress system. For a pupil with an already fried nervous system moving on to secondary phase could be difficult. Together we will explore tried and tested strategies that will enable your child to have a smooth transition.

11. 'Starting school' 19th June 2017

Starting school is a big transition especially when a child's attachment system has been compromised. Together we will think how we can make it a positive move with their safety, security and stability well attended to.

12. 'Self care for the pupil and adults involved' 3rd July 2017

Self care is often overlooked. Yet self care is vital for children and adults alike. Together we will consider tools and strategies to ensure we all stay well and can be the best we can be!

All these drop in groups are from 1pm til 2.30pm at TouchBase, West Werks, 41-43 Portland Road, Hove, BN3 5DQ.

To book a place contact: Nicola.frost@brighton-hove.gov.uk
