

Parents Supporting the Education of Children and Young People Adopted from Care

Workshops and Clinics

School can be a big ask for children and young people who have experienced relational traumas and losses, and it is not always easy knowing how best to help them. Our **Workshops** cover a range of topics on supporting your child through their educational journey. Come along to develop your knowledge and understanding, meet other parents through adoption, and gain new tools and strategies to help your child make the most of their educative opportunities.

Our **Clinics** last 45 minutes and are a chance to discuss your situation in more detail and gain personalised advice on how to support your child using attachment aware and trauma informed approaches to make the most of school.

You are welcome to invite a key member of school staff to attend with you.

Brighton and Hove Virtual School has funded TouchBase to run these Workshops and Clinics which are free to parents of children adopted from care.

Workshops and clinics are on Mondays from 1.00pm to 4.00pm at TouchBase, 41-43 Portland Road, Hove, BN3 5DQ.

To book a place or for further details about the sessions, please contact:
info@touchbase.org.uk

Parents Supporting the Education of Children and Young People Adopted from Care

Workshops and Clinics

10th September 2018

Clinics – 4 available

15th October 2018

Workshop - Settling to Learn

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.

5th November 2018

Clinics – 4 available

10th December 2018

Workshop - Regulation difficulties: staying calm

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

7th January 2019

Clinics – 4 available

11th February 2019

Workshop - Psychological difficulties: control battles

Powerlessness is the essence of trauma. Children who have experienced trauma and loss don't trust grown-ups. Together we will think how we can encourage education staff and parents alike to tame these children into relinquishing control and following our lead.

4th March 2019

Clinics – 4 available

29th April 2019

Workshop - Moving to Secondary

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.

13th May 2019

Workshop - Starting school

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.

10th June 2019

Clinics – 4 available

15th July 2019

Workshop - Managing Disappointment & Change

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.

Workshops are written by Louise Michelle Bomber and Anne Henderson (Attachment Lead and parent adopter). Anne is also the Workshop facilitator and Clinic leader.

Clinics

Come on your own/as a couple, or consider bringing along a **Key Adult from school** too for a 45 minute informal session with Anne who will guide you with some helpful tips regarding your child's education. Please note this is not a formal consultation.

The Workshops and Clinics are **free to parents who are adopters**. Please be sure you are able to take up a place and are committed to attend if you book on (barring unforeseen emergencies), as the workshops are funded from the Virtual School's limited budget

All Workshops and Clinics are on Mondays from 1pm til 2.30pm and are run at TouchBase, West Werks, 41-43 Portland Road, Hove, BN3 5DQ.

Enquiries about Workshops and Clinics and/or to book a place: **info@touchbase.org.uk**

