

Parent Support



At Riverside School we offer three parenting programmes because we know that family life can be stressful, and for parents of children with SEN the problems can be that much more profound and confusing. Everyone experiences stress and anxiety at various points in their lives. Parents of a child with a disability or SEN are often under prolonged periods of physical and emotional stress and we hope that our range of parenting programmes will support our parents/carers and their wider families to better understand their child's behaviour, gain strategies to support behaviour and feel empowered as parents and carers to make and sustain positive changes.



EarlyBird Parenting Programme:

The EarlyBird Parent Programme supports parents and carers of children under five years with a diagnosis of autism.

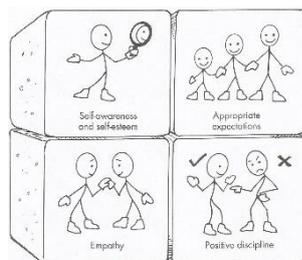
The programmes are held over 3 months and aim to support families to:

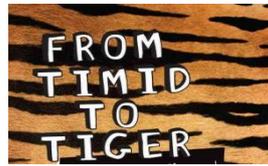
- *Understand autism and how the children experience the world around them.
- *Develop interactions and communication with their child.
- *Understand their child's behaviour.

The Family Links Nurturing Parenting Programme:

The Nurturing Parenting Programme provides adults and children with the understanding, skills and ability to lead emotionally healthy lives, build resilience, empathy, self-esteem and support positive relationships.

The Nurturing Programme uses the following four constructs as building blocks for emotionally healthy relationships:





From Timid to Tiger Parenting Programme:

Timid to Tiger is a parenting-based approach to managing anxiety in children. It is based on evidence that anxious children benefit substantially from a parenting style that is clear, calm and consistent. In most cases, parents don't cause their child's anxiety, but we do think that parents are in the best place to help their child grow in confidence.

In addition to our parenting programmes we offer a range of workshops to support families to target specific difficulties such as:

- **Toileting**
- **Sleep**
- **Fussy eaters**
- **Behaviour - the power of visuals - setting boundaries - goal setting and achieving**
- **Anxiety**
- **Messy play - sensory food programme**
- **Understanding sensory needs**
- **Isolation - meeting and gaining support from other families within the school community, for example coffee mornings, gardening club, social support groups**



Within the umbrella of parenting support, we are able to offer practical support and guidance to families facing difficulties. This may include support in the home with implementing strategies to support and change behaviours, agency referrals for targeted support, help with disability living allowance, applications and appeals, moral support to help maintain motivation and know that there is always someone to listen.