

**Programme for  
ASN and Disability Parents' Conference  
Saturday 26<sup>th</sup> May 2012**



*Isobel Mair School and Family Centre  
58 Stewarton Road, Newton Mearns,  
Glasgow, G77 6NB*

- 9.30 to 10am**      **Welcome and Registration**
- 10.00 to 10.45am**      **Workshop (1)**
- 10.45 to 11.15M**      **Coffee / Marketplace**  
**(Including NDCS, ENABLE, RESOLVE, SEEMe)**
- 11.15 to 12.00pm**      **Workshop (2)**
- 12.00 to 12.30**      **Panel and Questions**

### **Registration**

To register interest, please contact Kirsten Muir indicating your 1st, 2nd and 3rd choice. You can attend two workshops from the four. We will try to give you your first and second preference, numbers permitting.

[kisten.muir@eastrenfrewshire.gov.uk](mailto:kisten.muir@eastrenfrewshire.gov.uk)

### **Childcare**

Childcare will be available for the event. If you wish your child to have a place, please contact Jeanette Moore by Monday 21st May 2012

[jeanette.moore@eastrenfrewshire.gov.uk](mailto:jeanette.moore@eastrenfrewshire.gov.uk)

### **Workshop Choices:-**

**A - Building Resilience for Parents, Joyce Fullarton,  
Principal Psychologist, East Renfrewshire Psychological Services**

*In this modern world the demands on parents continue to increase and often parents find themselves in very stressful situations as their values and beliefs are challenged by their children. This short workshop will introduce some approaches to building your resilience as a person and as a parent so that you can increase your resilience and self esteem and also give you some ideas on how you can improve your child's resilience.*

**B- Helping your child to access out of school experiences -  
Marianne Sermanni, Team Manager**

*Enabling children and young people with additional support needs to access play, leisure and sports activities in the community. This workshop will explore the opportunities available to young people who want to develop their friendships, hobbies, interests and talents.*

**C- Making the most of meetings - Sandra Mitchell, RESOLVE**

*If you have a child who is receiving additional support you are more than likely to be very involved with your child's school and teachers which would include planning, reviewing and assessing your child's educational programme. This workshop will explore some specific communication skills that can help you be more successful in developing and maintaining a strong and positive partnership with your child's school.*

**D- Helping your child to sleep - Janette Neillie, Principal Teacher,  
Outreach**

*Poor Sleep is linked to problems with our physical and mental health. Good quality sleep can benefit a young person's ability to study well, their relationships and behaviour.*

*This presentation will explore:*

*What is sleep?*

*The importance of sleep for our physical, mental and emotional wellbeing.*

*The effects of sleep deprivation and poor quality sleep.*

*How to sleep well.*

*How to raise the issue of sleep effectively at school and at home.*