**Focus Sessions: Building skills together**

For parents / carers of pre-school children with additional support needs

**Thursday** mornings online (Skype) **10am – 12pm**

* practical strategies and examples of different ways of working with children with additional needs
* delivered by Health and Education staff working in early years services
* opportunities to ask questions and to discuss ideas together
* parents / carers encouraged to have their mic and camera off to help session streaming.

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| Date |  Focus session |
| 2nd September | **What is Global Developmental Delay, Intellectual Disability and Autism Spectrum Disorder?**What do these terms mean and what does this mean for your child’s brain. |
| West Lothian Council (@LoveWestLothian) | Twitter7th October  | **West Lothian resources and supporting your child’s independence skills (toileting, hygiene and self-care skills)**Local groups and support available. Advice to help you identify toilet readiness in your child and practical strategies to help you implement a successful toileting routine at home. Ideas to help develop hygiene and self-care skills. |
| 4th November | **Primary 1 School Application Process**Taking parents of pre-school children through the various steps involved in applying for your child’s first primary school place. We will also discuss the different mainstream and ASN options available in West Lothian. |
| Image result for board maker play2nd December  | **Play ideas for children with additional support needs**Activities, toys, sensory play and practical ideas for setting up successful play with children with a range of additional needs.  |
| 13th January  | **Encouraging restricted eaters**Practical ideas to help increase your child’s diet and reasons why children might find new foods challenging or restrict foods they previously enjoyed.  |
| 3rd February  | **Ways to Support Your Child’s Communication across their day: Understanding**Ways that you can help your child understand what is happening in their day and the words that they hear - this might include using objects, photos, symbols or songs. |
| 3rd March  | **Ways to Support Your Child’s Communication across their day: Expression**How your child might already communicate at home and ideas to support their communication development, using strategies such as Sign-a-long, Picture Exchange Communication System (PECS), objects, photos, symbols and also simple technology.  |
| 12th May | **Managing challenging behaviour through Positive Behaviour Support**Discussing why children use behaviours that challenge and help build on your strategies to reduce these behaviours, including self-injury.  |
| 2nd June | **Supporting your child in starting nursery or transition to primary school** Helpful tips and strategies to think about at transitions times to new places and environments. |

**To book your place please email Maria Brown, Development Officer - Early Years / ASN** **maria.brown@westlothian.org.uk**