



**BRIGHTER
BEGINNINGS**

Practical advice for
parents of children
with additional
needs aged 0-5

DO YOU CARE FOR A CHILD WITH ADDITIONAL NEEDS AGED 0-5?

COME ALONG TO OUR FREE WORKSHOPS!

**Our welcoming and informative sessions cover a
range of topics, including:**

Help and support near you | Help with education
How to handle meetings | Encouraging positive behaviour

Venue: Limbrick Wood Centre, Thomas Naul Croft, Tile Hill,
Coventry CV4 9QX

10.00 am – 12.00 pm (refreshments at 9.30 am)

contact *For families
with disabled children*



Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169).

WORKSHOP PROGRAMME

Tuesday 5 November

WHERE TO FIND SUPPORT & HELP IN YOUR AREA

Find out about the range of local and national support services available for you and your family.

Tuesday 12 November

HANDLE MEETINGS: PRACTICAL HINTS & TIPS

Develop skills to feel more confident in making decisions about your child when meeting and communicating with professionals, and help you look after yourself and your family.

Tuesday 19 November

ENCOURAGING POSITIVE BEHAVIOUR

We will look at why our children behave the way they do, how to encourage positive behaviour and top tips to help.

Tuesday 26 November

GET WHAT YOU NEED FOR YOUR CHILD'S EDUCATION

We will focus on the educational support that children and young people are entitled to with regards to their special educational needs.

Tuesday 3 December

UNDERSTANDING SLEEP

We will look at the importance of sleep and why sleep problems may occur, how to introduce a sleep routine and top tips to help.

Bookings can be made by calling Helen Davies on **07966 161 753**
or by emailing **bookings@contact.org.uk** or contact Coventry IASS on
024 7669 4307 or **IASS@coventry.gov.uk**

Additional childcare costs can be reimbursed if required.
Please ask when booking.

