



Parenting Special Children

About Us

Parenting Special Children is a Berkshire-based charity established in 2006. Over the past 19 years, we have expanded significantly to meet the needs of over 3,000 families and professionals annually. In addition to a dedicated helpline, we offer a comprehensive range of services, including parenting workshops and courses, trauma and attachment support, one-to-one specialist family services, neurodivergent children groups, family events, sleep support and transition guidance for young adults. We also provide targeted support groups for dads, adopters, kinship carers, foster carers, and communities in areas of deprivation.

Expert Led training for Professionals, Families and Businesses

We offer specialist training on:

- Neurodivergence
- Trauma & Attachment
- Sleep
- Bespoke Training
- Specialist Courses

Get in touch to book a paid training session designed to empower, inform, and support children, families, and professionals.

Training Brochure

www.parentingspecialchildren.co.uk



Our Expertise

Our team consists of highly skilled professionals with a unique combination of personal and professional expertise. With 90% of our staff being parents of children with additional needs, our insights are grounded in lived experience. Our team includes professionals from diverse fields, such as doctoral researchers, teachers, occupational therapists, social workers, counsellors, and NHS-trained sleep practitioners, ensuring we deliver evidence-based training and support.

We provide a comprehensive portfolio of professional training programs tailored to meet the needs of parents, educators, and practitioners. Our areas of specialization include key topics like trauma, attachment, sleep, adverse childhood experiences (ACEs), neurodiversity, ADHD, autism, and sensory processing. Our training programs, delivered both online and in person, are commissioned throughout the UK.



"Thank you for working closely with my colleagues. I have had excellent feedback and we have taken a huge progressive step forward in our learning and development since working with you. We are all very grateful"



"The workshops have opened my eyes. Insightful and empowering for me to learn how to relate to my children"

Trauma and Attachment

Workshops:

We offer a range of trauma-informed workshops designed to equip professionals and caregivers with the tools to support children affected by early-life trauma and insecure attachments.

Topics include:-

- ◆ Understanding and mitigating the impact of ACEs & early life trauma
- ◆ Supporting the recovery of children with insecure attachments
- ◆ Understanding and managing secondary trauma & compassion fatigue
- ◆ Understanding & managing reactive attachment disorder (RAD)
- ◆ Sleep well (trauma - informed)
- ◆ Answering difficult questions about birth family & life story
- ◆ Supporting children with trauma and insecure attachments at school
- ◆ Understanding challenges for children affected by alcohol during pregnancy (Foetal Alcohol Spectrum Disorder)

Courses:

14 hours of total learning, split over weekly sessions.

- ◆ Attachment focused parenting/ caregiving, for adopters, foster carers and kinship carers
- ◆ Attachment focused re-parenting, for birth families of children affected by early life trauma

100%

of parents/carers attending said relationship with their child had improved as a result

Neurodivergence

Our neurodiversity workshops are designed to provide professionals with practical tools and knowledge for supporting children with various neurodevelopmental conditions.

Workshop topics include:

- ◆ Understanding & managing co-occurring conditions with autism and ADHD
- ◆ Understanding neurodiversity in girls and women
- ◆ Supporting neurodiverse children and young people with social confidence
- ◆ Understanding symptom overlap – Trauma/ Attachment/Autism/ADHD/Sensory Processing difficulties
- ◆ Managing challenging behaviour and de-escalation
- ◆ Routines & Rituals and emotional dysregulation
- ◆ Pathological Demand Avoidance (PDA)

97%

of delegates said that they had gained new knowledge on how to meet the needs of children in their care



ADHD

Workshops:

We offer workshops focusing on practical strategies for managing ADHD behaviours and building positive relationships.

Topics include:

- Introduction to ADHD
- Challenging behaviour with ADHD
- ADHD and anxiety
- Managing challenges vs strengths and opportunities for children with ADHD

Course:

Time Out for ADHD. A five week course looking at applying practical and proven strategies to boost relationships and self-esteem.



100%

of delegates who attended our training said they found them 'useful' or 'very useful'

Autism

Workshops:

Our Autism workshops are designed to provide professionals and caregivers with strategies for supporting autistic children in various settings.

Topics include:

- Introduction to Autism
- Challenging behaviour with Autism
- Autism and anxiety
- Managing challenges vs strengths and opportunities for Autistic children
- Managing sexualised behaviours in Autistic children

Course:

Time out for Autism. A five week course looking at applying practical and proven strategies to boost relationships and self-esteem of Autistic children.



95%

of practitioners said their understanding and knowledge had increased as a result of attending our training

Sleep

Our sleep workshops offer practical strategies for managing sleep-related challenges in children with special needs, tailored for both families and professionals.

We cover topics such as:

- Sleep workshop for families of children & young people with additional needs
- Managing sleep and anxiety
- Bespoke sleep workshops for children in mainstream and special needs schools

Sensory Processing

Workshops delivered by an Occupational Therapist, including:

- Understanding and managing sensory processing difficulties
- Sensory Processing – Food and Meal times
- Interoception



100%

of delegates who attended our training reported an increase in confidence

Child to Parent Violence

Who's in Charge – A 9 week child to parent violence (CPV) programme providing a therapeutic approach for parents/carers of children and young people with special needs who are violent or aggressive.

One to One Support

Alongside generic and bespoke training, we are also able to offer specialist one to one support to those families who are facing more complex challenges, ensuring targeted and high-impact interventions.

To find out more, please contact us directly.

“Working with PSC has been an absolute life saver for our family during a very challenging time.

Thanks to their support, we felt less isolated.”



Examples of Learning Outcomes

- Gaining a deeper understanding of the impact of trauma on children's development.
- Learning trauma-informed practices and strategies to enhance recovery.
- Understanding co-occurring conditions and managing them effectively.
- Gaining confidence in supporting neurodiverse children in educational and family settings.
- Gaining practical tools to manage challenging behaviours.
- Gaining practical tools to promote better sleep
- Enhancing understanding of neurodiversity and sensory processing challenges.



Bespoke Training Solutions

We offer tailored training packages to meet the specific needs of schools, local authorities, businesses, and care homes. Whether it's training for teachers, support workers, or parents and caregivers, we can customize our offerings to suit your team or families you work with.

Topics include parental self-care, trauma, neurodiversity, and much more.

To discuss your specific training needs and how we can assist your organisation, please contact us directly at:

Email:

commission@parentingspecialchildren.co.uk



Companies and Partners who have commissioned our training



AMEGREEN
CHILDRENS SERVICES



Testimonials

"Another excellent training session for our staff team! The manager observed the variance in practice, empathy, understanding from the staff who attended the training in comparison to the staff who did not attend. They are already asking about the next training."

"Thank you for training at our school, it was insightful and has had an interesting and positive effect on the depth of self reflection amongst staff"

Contact Us

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Registered Company in England Number: 7351094