



## DO YOU CARE FOR A CHILD WITH ADDITIONAL NEEDS?

**Come along to our free workshops!**

Our workshops designed to increase your knowledge and skills in managing the needs of you and your family.

Our welcoming sessions cover a range of topics, including:

**Helping your child sleep | Makaton  
Encouraging positive behaviour**

Workshops are held on Zoom. For more information email: [space@contact.org.uk](mailto:space@contact.org.uk)

Please see overleaf for more information.

# WORKSHOP PROGRAMME

Tuesday 16 May, 10 am – 12:00 pm

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## MAKATON TASTER

- Interactive workshop with a fully qualified and licensed Makaton Regional Tutor.
- An overview of what Makaton is and how to use it.
- Learn some everyday signs and symbols.

[Register on eventbrite](#)

Tuesday 20 June, 10 am – 12:00 pm

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## ENCOURAGING POSITIVE BEHAVIOUR

- Explore issues around behaviour and ways of supporting and encouraging your child.
- Gain a better understanding of why children behave the way they do.
- Learn ways to handle difficult situations in a calm, stress-free manner.

[Register on eventbrite](#)

Tuesday 11 July, 10 am – 12:00 pm

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## MANAGING YOUR CHILD'S SLEEP

- Raise your awareness of the importance of sleep.
- Gain understanding of sleep processes and why sleep problems may occur.
- Explore some of the common issues and learn practical tips.

[Register on eventbrite](#)

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