

# IfieldSmile

## Training Workshops For Parents, Carers & Families 2022-2023



## SPECIALIST TEACHING AND LEARNING SERVICE

The Specialist Teaching Team for the Gravesham District advise and support early years settings and schools to build the capacity and confidence to deliver high quality provision for children and young people with special educational needs and disabilities (SEND).

Mrs Mandy Braisted, Assistant Head and Director of Inclusion, Ifield School

Mr Jason Owen, Specialist Teacher, Social, Emotional & Mental Health

Ms Ruth Cubitt, Specialist Teacher in Cognition & Learning

Mrs Helen Cottage, Specialist Teacher for Communication & Interaction

Mrs Claire Noordally, Specialist Teacher for Communication & Interaction

Mrs Julie Hawkins, Specialist Teacher for Inclusion

Mrs Janice Gibson, Specialist Teacher for SEND in Early Years

Ms Gabriella Hicks, Specialist Teacher for SEND in Early Years

Mrs Julie Bruce, Specialist Teacher for Hearing Impairment

Ms Shelley Robinson, Specialist Teacher for Physical Impairment & Multi-sensory Impairment

Mr Richard Gardner, Specialist Teacher for Visual Impairment

Mr Tom Lloyd, Specialist Teacher for Visual Impairment

Mrs Catherine Hall, Smile Administrator

Mrs Emma Clisby, Smile Administrator



**Ms Maddy Jones Headteacher, The Cedar Federation, Ifield School**

## Foreword

Welcome to Ifield Smile and here is our 2022/2023 booklet.

We deliver a wide range of training sessions and workshops for parents and carers of children and young people with special educational needs.

All of our courses for parents are free.

The Ifield Parent, Teacher and Family Association (PTFA) also meet at Ifield Smile throughout the year. Please contact Mandy Braisted [m.braisted@ifield.kent.sch.uk](mailto:m.braisted@ifield.kent.sch.uk) if you would like to join us.

We also have a small library of books that can be loaned.

We look forward to meeting you.



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**Booking forms are available on the Ifield website**

**[www.ifieldschool.com](http://www.ifieldschool.com)**

**Alternatively, please telephone 01474 536924 to request a booking form. On booking, an email and contact telephone number must be given.**

## **Family Advice Support Group - Beams**

**We are Beams will be running a Family Advice Support Group at Ifield Smile**

**10.00am – 12 noon**

**Tuesday 18<sup>th</sup> October 2022**

**Tuesday 15<sup>th</sup> November 2022**

**Tuesday 17<sup>th</sup> January 2023**

**Tuesday 28<sup>th</sup> February 2023**

**Tuesday 23<sup>rd</sup> May 2023**

**Tuesday 13<sup>th</sup> June 2023**

This support group is led by our Family Advice Team at Beams and is for parent and carers of children with disabilities – everyone welcome.

To book a place, please telephone 01474 536924 and request a booking form. On booking, an email and contact telephone number must be given. Booking forms are also available on the Ifield website

[www.ifieldschool.com](http://www.ifieldschool.com)

**Sessions are free.**

**Refreshments will be provided**

## SLEEP SOLUTIONS FORUM

**Tuesday 4<sup>th</sup> October 2022**

**Time: 9.30am – 12.30pm**

It is recognised that problems with sleeping can cause wider difficulties to the child or young person experiencing them and their families. Improving sleep can lead to families experiencing reduced stress and children and young people more able to access their learning opportunities.

This session is an opportunity for parents to explore some of the factors that may be causing sleep difficulties and to find out about practices and strategies that promote better sleep patterns.

The session will be part informative and part solution focused, giving individuals attending the opportunity to work with others and consider ways forward for their situation.

The sessions will cover

- Good sleep factors that promote getting to sleep and remaining settled
- Some commonly occurring sleep difficulties in children and young people including those with additional needs
- Group problem solving to find solutions

This session is suitable for parents and carers of children who are currently experiencing long term sleep problems and are looking for an opportunity to explore the reasons why this may be occurring and to find ways forward to improve things.

This session is free to attend – refreshments will be provided.

**Presented by**

**Helen Cottage**

**Specialist Teaching and Learning Service – (Communication & Interaction)**

## EXPLORING AND IMPROVING COMMUNICATION SKILLS

**Date: Thursday 6<sup>th</sup> October 2022**

**Time: 9.30am - 11.30am**

In this workshop parents and carers will be:

- Exploring what we mean by 'communication' and a chance to get to grips with some common speech and language terms
- Introduced to a range of strategies and resources that can be used within the home environment
- Briefly exploring different special educational needs e.g. Autism/Down Syndrome and the benefit of using visuals and other types of communication

**Target Audience:**

This workshop is suitable for parents of children with communication difficulties and organisational difficulties.

**Presented by:**

**Julie Hawkins**

**Gravesham Specialist Teaching and Learning Service**

Self-service refreshments are provided

## BASICS FOR BEHAVIOUR

Date: 12<sup>th</sup> October 2022

Time: 9.30am to 11.30am

### Workshop Objectives:

This workshop will give parents of children at a mainstream primary school the opportunity to:

- Reflect on their own practice in relation to positive behaviour management at home
- Explore basic interventions that can be used within the home to promote positive behaviour

### Target Audience:

This workshop '**Basics for Behaviour**' is suitable for parents of children aged 5 to 11 **at mainstream primary schools** who experience low-level difficulties with behaviour.

### Presented by:

**Jason Owen, Gravesham Specialist Teacher and Learning Service**

Self-service refreshments are provided

Bookings to be made in advance



## STARTING THE AUTISM JOURNEY

**Date: Wednesday 1<sup>st</sup> February 2023**

**Time: 9.30am - 12.00 noon**

### **Workshop Objectives:**

A supportive and informative introductory session for parents going through the process of a diagnosis for their child or for parents whose child has been recently diagnosed.

- To gain greater understanding of Autism and the Autism Spectrum and what this might mean for you and your child.
- To identify your child's strengths and difficulties; becoming an expert on your child
- To provide some useful strategies to support your child's needs
- To support you as a parent on the start of this journey

### **Workshop Content:**

- What is Autism/ASD?
- The Diagnostic Process
- Language and Communication
- Sensory Issues
- Behaviour
- Some Tips and Strategies to Manage and Support your Child
- Pre –School/School; working together with staff
- Benefits and Access to Services and Support
- Family Life and Looking after your own Needs

### **Target Audience**

For Parents/Family Members/Carers:

- Currently waiting for an initial appointment with Paediatrician
- In the process of undergoing a diagnosis for your child
- Who have a child that has recently been diagnosed with Autism/ASD

### **Presented by:**

**Helen Cottage, Gravesham Specialist Teaching and Learning Service**

Handouts and refreshments are provided  
Bookings to be made in advance

## AUTISM IN THE EARLY YEARS

**Dates: Wednesday 22nd February, Wednesday 1<sup>st</sup> March,  
Wednesday 15th March, Wednesday 19th April and Tuesday 2<sup>nd</sup> May 2023**

**Time: 9:30am-12:00 noon**

This is a 5-week course that seeks to inform parents/carers about autism. It will provide strategies and insights into the condition that will equip parents/carers to meet the needs of their children. The course is aimed at parents/carers whose child has received a diagnosis of Autism Spectrum Disorder or are currently on the Pathway who has not yet started school.

The sessions will cover

- What is Autism?
- Developing communication and interaction skills
- Developing play
- The importance of structure, predictability and visuals
- Managing tricky behaviours

It is anticipated that parents/carers will attend all 5 sessions.

This course will run with 6 -8 families.

**Presented by:**

**The Early Years Team**

**Specialist teaching and Learning Service**

Handouts and refreshments are provided  
Bookings to be made in advance

## UNDERSTANDING DYSLEXIA

**Date: Thursday 2<sup>nd</sup> March 2022**

**Time: 9.30am - 11.30am**

In this workshop parents and carers will be:

- Given an opportunity to understand some of the difficulties that children and young people with dyslexic type difficulties can experience
- Introduced to some of the approaches that can be used to help

**Target Audience:**

This workshop is suitable for parents of pupils in mainstream schools with dyslexic type difficulties.

**Presented by:**

**Ruth Cubitt**

**Gravesham Specialist Teaching and Learning Service**

Handouts and refreshments are provided

Bookings to be made in advance

## ANXIETY AND AUTISM

**Date: Thursday 16<sup>th</sup> March 2023**

**Time: 09.30am to 12.30pm**

Anxiety is commonly described by parents as a feature of their child's autism profile.

The impact can be mood swings, missed schooling and poor sleep to name a few examples.

What causes autistic children and young people to be anxious?

Is there anything that can be done to help?

This workshop will look at some of the possible causes and consider some useful strategies to alleviate the problem.

**Presented by:**

**Helen Cottage  
Gravesham Specialist Teaching and Learning Service**

Refreshments are provided

## Autistic Girls – exploring difference

Thursday 8<sup>th</sup> June 2023

Time: 9.30 – 2.30pm

### Objectives:

- This course will explore how autistic girls and women can present differently to autistic boys.
- It will help parents improve their understanding on how to recognise issues relevant to their autistic girls that may need additional support.
- It will help parents think through ways that they may need to adapt their girl's experiences and what they may need to advocate for to help their girls to thrive.

### Content:

Recent research tells us that there are marked differences in the ways that autism presents in females. The course will explore why autism has been under represented and under diagnosed in female populations and how this is changing. It will also draw on the lived experience of autistic females whose experiences can challenge what we currently think and help us to shape more inclusive spaces for our girls.

### Target Audience:

Any parent with a daughter on the autism pathway or with an existing diagnosis. Any interested or concerned wider family/friend/carer who wishes to build their understanding.

The content will mostly be relevant to parents of school age girls.

### Presented by:

**Claire Noordally, Specialist Teacher Communication & Interaction  
Gravesham Specialist Teaching & Learning Service**

Self-service refreshments are provided

## SUPPORT GROUPS - WORKING WITH CHILDREN WITH SPECIAL EDUCATIONAL NEEDS

### **Autism South East**

(Support Group for Families)

[www.autismsoutheast.co.uk](http://www.autismsoutheast.co.uk)

### **Beams (We are Beams)**

(Advice, support, activities and respite)

[wearebeams.org.uk](http://wearebeams.org.uk)

### **Gravesham Children's Centre and Early Help-**

[www.kent.gov.uk/education-and-children/early-help-support-for-families](http://www.kent.gov.uk/education-and-children/early-help-support-for-families)

<https://www.facebook.com/GraveshamCC>

(Support for families)

### **Kent Autistic Trust (KAT)**

(Family support service - adults and children, advice and support)

[www.kentautistictrust.org](http://www.kentautistictrust.org)

### **National Autistic Society (NAS)**

(The largest autism charity in the UK. They have a directory of services for adults, autism helpline information and advice plus run various schools and care homes around the country)

[www.autism.org.uk](http://www.autism.org.uk)

### **Tree Tops**

(Breakfast, After School Clubs and Holiday Camps)

[www.treetopsclubs.co.uk](http://www.treetopsclubs.co.uk)

### **Waterside Centre**

<https://watersideparentscentre.wordpress.com/>

## THE SMILE TEAM & BOOKING INFORMATION

If you would like to make a booking, be added to our mailing list or require further information, then please do not hesitate to contact the Smile Team:

Email: [Smile@ifield.kent.sch.uk](mailto:Smile@ifield.kent.sch.uk)

[www.ifieldschool.com](http://www.ifieldschool.com)

Telephone 01474 536924

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The Cedar Federation