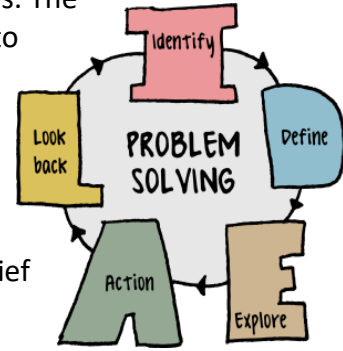


# MICAMHS Parent Education Sessions Term 4 2021

Information to support parents of primary and intermediate aged children. These seminars are designed to give an overview of information, ideas, and resources on a range of common problems. The

sessions will be **delivered via zoom**, you are welcome to come to any of them, although the first one is considered essential. **Please email [marie.thompson@bopdhb.govt.nz](mailto:marie.thompson@bopdhb.govt.nz) to register your interest and you will be sent a zoom link** along with some helpful resources on the topic. There will be limited time at the end of each session for questions and/or a brief discussion.



Date and Time	Topic	Facilitators	Details
Tues 26 <sup>th</sup> Oct 7-8.30pm	Understanding Children's Behaviour	Aimee Randall (Reg. Psych)	Different factors that can have an impact on the way a child behaves. This session underpins many of the latter sessions to is helpful to attend if you are planning to come to any of the other sessions.
Tues 2 <sup>nd</sup> Nov 7-8.30pm	Understanding Attention Deficit Hyperactivity Disorder (ADHD)	Evelyn Aranas (Psychologist) & Aimee Randall (Reg. Psych)	Understanding the diagnosis, some tips/strategies for parents and some helpful resources for families.
Tues 9 <sup>th</sup> Nov 6.30-8.30pm (2.5 hr)	Understanding Autism Spectrum Disorder (ASD)	Nadia Du Plessis (Ed.Psych)	Understanding some of brain science behind the diagnosis, discussion around some of the co-occurring challenges of having ASD.
Tues 16 <sup>th</sup> Nov 7-8.30pm	Understanding Anxiety in Children	Aimee Randall (Reg. Psych) & Roche de Bruin (RN)	How to recognise anxiety in our tamariki, ways to help them cope and manage, building resilience and coping skills.
Tues 23 <sup>rd</sup> Nov 7-8.30pm	Emotion Regulation	Monique Potgieter (SW) & Michelle Sykes (Reg. Psych)	Talking to children about feelings, empathy and validation, how to stay connected with your children in the face of big feelings.
Tues 30 <sup>th</sup> Dec 7-8.30pm	Sensory Processing	Kelly Karlson (Occupational Therapist) & Roche de Bruin (RN)	What is sensory processing, how does it affect my child and their behaviour and what can help.
Tues 7 <sup>th</sup> Dec 7-8.30pm	Encouraging Positive Behaviour	Aimee Randall (Reg. Psych)	Setting our kids up to behave well
Tues 14 <sup>th</sup> Dec 7-8.30pm	Managing Challenging Behaviour	Aimee Randall (Reg. Psych) & Michelle Sykes (Reg. Psych)	Having a plan of what to do in those tough times
Tues 21 <sup>st</sup> Dec 7-8.30pm	Sleep	Jan Campbell (Reg. Nurse) & Aimee Randall (Reg. Psych)	Understanding the importance of sleep and how to get enough.

