

## Social Stories

Do you work with a child with a neurodevelopmental difference such as Autism or ADHD? Do they struggle to follow rules and boundaries due to a lack of social skills appropriate for their age? Would you like to proactively support them by learning how to write a really good Social Story to help them to understand what they need to do? There is a training film available from Highland Council professionals which you can watch in your own time via this link <https://www.youtube.com/watch?v=2xBIOAw5N5o&feature=youtu.be&safe=active>

Following watching this we would then like to invite you to attend a Social Story writing workshop on any of the dates below to look at your child's individual needs and how you would put a story together. Come with your ideas and we will help you to tweak it as necessary.

If it's not feasible for you to attend in person, we would be more than happy to support you via Email [Rachael.geddes@highland.gov.uk](mailto:Rachael.geddes@highland.gov.uk)

Date	Venue	Time
<b><u>Tuesday 17<sup>th</sup> March 2020</u></b>		
Parents Only	The Pines, Drummond Road, Inverness IV2 4NZ	1330 - 1500 FULL
Professionals & Education	The Pines, Drummond Road, Inverness IV2 4NZ	1530 - 1700 FULL
<b><u>Tuesday 21<sup>st</sup> April 2020</u></b>		
Parents Only	The Pines, Drummond Road, Inverness IV2 4NZ	1300 - 1430
Professionals & Education	The Pines, Drummond Road, Inverness IV2 4NZ	1530 - 1700 FULL
<b><u>Tuesday 26<sup>th</sup> May 2020</u></b>		
Parents Only	The Pines, Drummond Road, Inverness IV2 4NZ	1300 - 1430
Professionals & Education	The Pines, Drummond Road, Inverness IV2 4NZ	1530 - 1700
<b><u>Tuesday 1<sup>st</sup> September 2020</u></b>		
Parents Only	The Pines, Drummond Road, Inverness IV2 4NZ	1300 - 1430
Professionals & Education	The Pines, Drummond Road, Inverness IV2 4NZ	1530 - 1700
<b><u>Tuesday 3<sup>rd</sup> November 2020</u></b>		
Parents Only	The Pines, Drummond Road, Inverness IV2 4NZ	1300 - 1430
Professionals & Education	The Pines, Drummond Road, Inverness IV2 4NZ	1530 - 1700

Please book via Reception on 01463 720030 or email [the.pines@highland.gov.uk](mailto:the.pines@highland.gov.uk)

# Neurodevelopmental Differences

Do you have a child with a Neurodevelopmental difference?

This could be a diagnosed condition or a set of struggles that are currently being assessed or have been assessed and don't meet a specific criteria.

Come and spend a morning with us at The Pines to improve your understanding within six key areas

- Communication
- Sensory development
- Cognitive (how your brain works)
- Managing social situations
- Motor struggles (movement)
- Emotional

Date	Venue	Time
Monday 27 <sup>th</sup> April 2020	The Pines, Drummond Road, Inverness IV2 4NZ	0930 - 1230
Tuesday 9 <sup>th</sup> June 2020	The Pines, Drummond Road, Inverness IV2 4NZ	0930 - 1230
Tuesday 29 <sup>th</sup> September 2020	The Pines, Drummond Road, Inverness IV2 4NZ	0930 - 1230
Tuesday 17 <sup>th</sup> November 2020	The Pines, Drummond Road, Inverness IV2 4NZ	0930 - 1230

Please book via Reception on 01463 720030 or email [the.pines@highland.gov.uk](mailto:the.pines@highland.gov.uk)

## Food, Mood & Behaviour

This 3½ hour session is led by Dave Rex, Specialist Dietician for Highland Council's Care & Learning Directorate.

### This session will explore: -

- How our food environment influences child food preferences.
- Sharing the latest research from food & behaviour research conferences.
- How nutrition affects children's mood, behaviour and learning.
- The pros and cons of "Nutritional Medicine" for children with Autism or ADHD
- Choosing nutritional supplements and compliment a child's food intake.
- Practical steps to broaden the food choices of selective eaters at home and school.

### The target audiences include: -

- Parents and carers of Autistic children.
- Parents and carers of children with mood disorders.
- Parents and carers of selective eaters.
- Staff from health, social work, education and third sector, working with children listed above.
- Professionals and carers involved in fostering and adoption.

If you are unable to attend in person, we now have a film online for you to watch "Understanding, assessing and influencing children's food choices". This can be found at

<https://www.youtube.com/watch?v=7XEWlndkRWQ&t=3s&safe=active>

Date	Venue	Time
Thursday 21 <sup>st</sup> May 2020	The Pines, Drummond Road, Inverness IV2 4NZ	0930-1300