



# Parent Conference

2nd Annual Joint Conference

**Saturday 9th October 2010**

9.30am - 4.00pm

Light lunch and refreshments provided

**Park Inn Bedford, 2 St Marys' Street, Bedford, Bedfordshire, MK42 0AR**

Comments from our first conference included **"An excellent conference, loved it - do it again please"** and **"I feel I have somewhere to turn now - thanks"** have inspired us to work together again to create another parent focussed event.

We will be offering a selection of **FREE** workshops again including **Sleep, Diet, Siblings, Anger Management, Contenance and many more (See overleaf for more details)**, all of these workshops have been carefully selected from our first conference evaluation.

Roy Leighton author of **Happy Families** . a guide to the art of parenting will be providing a light hearted presentation to open the conference, his presentation will address the serious challenges of bringing harmony into the home. We will also have speakers from Bedford Borough and Bedfordshire PCT to open and close the day and you will have the opportunity to ask questions about changes, progress and future plans.

A wide range of organisations will be marketing their services and throughout the day you will have the opportunity to talk to a variety of professionals about your individual needs.

We would be grateful if you could indicate on the return off slip below which of the workshops you would like to attend by assigning a priority to each one (1 = highest priority) and please indicate whether you have any special dietary requirements. Alternatively e-mail **diane.fun@ntlworld.com** to book your place stating clearly the information requested below.

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**Registration Form**

I would like to sign up for (please indicate 1- 8 priority order) NB Please book early to avoid disappointment  
**Closing date 16th August 2010.**

**Please indicate:** I am a Parent  I am a Professional  **NB Parents will be given priority at workshops**

- Sleep Workshop
- Meeting the needs of non-disabled siblings
- Contenance Issues
- Dietician Workshop
- Strategies for managing your child's anger
- Surviving School Admission
- The importance of being a properly selfish parent

To be completed by **all** parents:

My Childs Age: \_\_\_\_\_

Please indicate if your child is: Statemented   
On School Action  or School Action Plus

My child is in: Mainstream  Special School

Principle Need e.g. Autism, Dyslexia, Dyspraxia, ADHD etc  
\_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Signature \_\_\_\_\_

If you have indicated a high priority on the **sleep workshop** please indicate which area you have the most difficulty:

Settling  Night time waking   
Early morning waking

I have special dietary requirements as follows:  
\_\_\_\_\_



**Sleep Solutions Time 2 Sleep Workshops**

This workshop is appropriate for parents and practitioners maximising potential for early interventions. Raises awareness of sleep problems and their effect. Increasing skills, knowledge and resources.

**Diet**

This workshop will provide practical, informal and helpful information giving a brief overview of healthy eating for children and it will cover current guidelines and how to implement this into everyday family life.

**Continence Issues**

A workshop aimed at giving practical help and guidance to overcome children's toileting issues.

**Meeting the needs of non-disabled siblings**

This is an opportunity for parents to share experiences, ideas and thoughts on how to best support their non-disabled children. Information will be provided on i) possible activities to do with your child ii) the charity Sibs (this charity supports children and adults who have a disabled brother or sister) and iii) a library of resources explaining disabilities to children.

**Strategies for managing your child's anger**

This workshop looks at some of the reasons why children and young people can become so angry and frustrated, and how we as parents might feel and react.

**Surviving School Admission**

Finding the next school can be a very stressful time for parents, especially if their children have special educational needs. This workshop will guide parents through the local authority's procedures for starting or transferring school and offer advice on how to help your child get off to a good start at their new school.

**The importance of being a 'properly' selfish parent**

This workshop will give you the 8 essential questions you need to ask yourself so that you can manage, with less stress and it will address the challenges of parenthood. The workshop will give you practical strategies for helping you reflect on where you are as well as providing some insights into where you want to be and how to get there.

Please  
place  
postage  
here

**Family Voice  
243 Meadow Way  
Leighton Buzzard  
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