

## York Neurodiversity Programme 2024

### Parent / Carer Webinars

York's Neurodiversity Programme has commissioned the ADHD Foundation is hosting live support sessions in 2024 to help you understand and support your child's unique needs.

These live, 90-minutes sessions are available exclusively online, not recorded, and tailored for parents/carers of children in York schools.

They cover ADHD, emotional regulation, sensory integration, diet/nutrition, and child development (age 7 and under).

Click the links below to register for sessions.

#### Spring Term 2 (19 February to 22 March)

- Understanding and supporting emotional self-regulation – [Tuesday 12<sup>th</sup> March from 1pm](#)
- Understanding diet and nutrition – [Tuesday 19<sup>th</sup> March from 10am](#)

#### Summer Term (8 April to 22 July)

- Understanding and supporting sensory integration – [Wednesday 24<sup>th</sup> April from 10am](#)
- Understanding and supporting ADHD – [Thursday 16<sup>th</sup> May from 1pm](#)
- Understanding your child's early development (age 7 and under) – [Wednesday 22<sup>nd</sup> May from 7pm](#)
- Understanding and supporting emotional self-regulation – [Thursday 13<sup>th</sup> June from 7pm](#)
- Understanding diet and nutrition – [Tuesday 16<sup>th</sup> July from 7pm](#)

### **Autumn Term 1 (2 September to 25 October)**

- Understanding and supporting ADHD – [Tuesday 10<sup>th</sup> September from 7pm](#)
- Understanding diet and nutrition – [Thursday 19<sup>th</sup> September from 1pm](#)
- Understanding your child's early development (age 7 and under) – [Wednesday 30<sup>th</sup> September from 1pm](#)
- Understanding and supporting emotional self-regulation – [Thursday 10<sup>th</sup> October from 10am](#)
- Understanding and supporting sensory integration – [Wednesday 23<sup>rd</sup> October from 7pm](#)

### **Autumn Term 2 (4 November to 20 December)**

- Understanding and supporting ADHD – [Tuesday 12<sup>th</sup> November from 10am](#)
- Understanding and supporting sensory integration – [Thursday 21<sup>st</sup> November from 10am](#)
- Understanding diet and nutrition – [Wednesday 27<sup>th</sup> November from 1pm](#)
- Understanding and supporting emotional self-regulation – [Wednesday 4<sup>th</sup> December from 1pm](#)
- Understanding your child's early development (age 7 and under) – [Wednesday 11<sup>th</sup> December from 1pm](#)

If you would like anymore information about the project, please contact Emma Weaver from the ADHD Foundation via email:

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