

# 2025/2026 Webinar Overview

Navigating Neurodivergence	Breakthrough Behaviour	Feel Without Fear	Re-establishing Routines	CPVA (Child to Parent Violence and Aggression)	Sleep	Accepting Adolescence	Seasonal Sensory Awareness
<p>Understanding Neurodivergence Through the Child's Perspective:</p> <p>Explores the lived experiences of neurodivergent children, with a focus on ADHD and Autism. This session highlights how traits may present uniquely in different individuals and offers inclusive, strengths-based strategies to support regulation, connection, and wellbeing. Emphasis is placed on seeing the world through the child's lens, honouring their ways of thinking, feeling, and interacting.</p>	<p>Exploring the Science of Behaviour Through a Neurodiversity Lens:</p> <p>Introduces compassionate frameworks for understanding behaviour as communication. Topics include the iceberg model, window of tolerance, Maslow's hierarchy of needs, and the assault cycle, all explored in ways that respect individual differences in regulation, sensory processing, and unmet needs. The focus is on building insight and empathy to support co-regulation and connection.</p>	<p>Exploring Supportive Parenting in the Context of Anxiety:</p> <p>Considers how different parenting approaches can influence anxiety-related behaviours, with reference to Bowlby, Baumrind and Ainsworth's foundational work on attachment. This is not a parenting course, but an opportunity to reflect on how our caregiving styles may interact with neurodivergent experiences and shape emotional development across life.</p>	<p>Exploring the Power of Predictability and Supportive Boundaries:</p> <p>This session highlights how consistent routines and clear, compassionate boundaries can create a sense of safety and autonomy for all family members. Together, we'll explore different types of boundaries and co-develop practical, flexible strategies to introduce or reintroduce structure in ways that are tailored to each individual's needs and strengths.</p>	<p>Understanding Child-to-Parent Distress Responses:</p> <p>An overview of behaviours such as aggression explored through the lens of perceived unmet needs, emotional regulation and relationships. Includes practical tools like safety planning, the communication wheel, de-escalation strategies and key concepts such as Dan Siegel's flipping the lid. Emphasises compassionate, strengths-based support for both children and caregivers.</p>	<p>Supporting Restful Sleep in Neurodivergent Children:</p> <p>Explores gentle, flexible strategies to nurture healthy sleep patterns, with insights informed by guidance from the Southampton Sleep Clinic. This session recognises the diverse sensory, emotional, and cognitive needs that can influence sleep, and offers practical, compassionate approaches that honour each child's unique rhythms and experiences.</p>	<p>Embracing the Adolescent Journey:</p> <p>Exploring the natural evolution of identity, brain development, emotional regulation, and how to offer strengths-based, inclusive support</p>	<p>Navigating Seasonal Sensory Experiences:</p> <p>Explores how transitions, traditions, and celebrations such as Halloween, Bonfire Night, and Christmas can influence sensory processing and regulation. This session reflects on the impact of increased sensory input during these times and offers inclusive, sensory-friendly strategies and alternatives that consider individual needs and promote comfort, connection, and joy.</p>

# 2025/26 Webinar Schedule (Autumn Term)

<u>Navigating Neurodivergence</u>	<u>Breakthrough Behaviour</u>	<u>Feel without Fear</u>	<u>Re-establishing Routines</u>	<u>CPVA</u> (Child to Parent Violence and Aggression)	<u>Sleep</u>	<u>Accepting Adolescence</u>	<u>Seasonal Sensory Awareness</u>
4th September 9:30am	9th September 9:30am	11th September 9:30am	16th September 9:30am	18th September 9:30am	23rd September 9:30am	25th September 9:30am	
30th September 9:30am	2nd October 9:30am	7th October 9:30am	9th October 9:30am	14th October 9:30am	16th October 9:30am	17th October 9:30am	17th October 11:30am
4th November 9:30am	6th November 9:30am	11th November 9:30am	13th November 9:30am	18th November 9:30am	20th November 9:30am	25th November 9:30am	27th November 9:30am
2nd December 9:30am	4th December 9:30am	9th December 9:30am	11th December 9:30am	16th December 9:30am	18th December 9:30am	19th December 9:30am	19th December 11:30am

Please email [katrina.austin1@iow.gov.uk](mailto:katrina.austin1@iow.gov.uk) to join any of the webinars noted above. All webinars are delivered online via Teams. A link to the webinar will be sent to you 24 hours prior.

# 2025/26 Webinar Schedule (Spring Term)

<u>Navigating Neurodivergence</u>	<u>Breakthrough Behaviour</u>	<u>Feel without Fear</u>	<u>Re-establishing Routines</u>	<u>CPVA</u> (Child to Parent Violence and Aggression)	<u>Sleep</u>	<u>Accepting Adolescence</u>	<u>Seasonal Sensory Awareness</u>
6 <sup>th</sup> January 9:30am	8 <sup>th</sup> January 9:30am	15 <sup>th</sup> January 9:30am	20 <sup>th</sup> January 9:30am	22 <sup>nd</sup> January 9:30am	27 <sup>th</sup> January 9:30am	29 <sup>th</sup> January 9:30am	n/a
3 <sup>rd</sup> February 9:30am	5 <sup>th</sup> February 9:30am	10 <sup>th</sup> February 9:30am	12 <sup>th</sup> February 9:30am	24 <sup>th</sup> February 9:30am	26 <sup>th</sup> February 9:30am	27 <sup>th</sup> February 9:30am	n/a
3 <sup>rd</sup> March 9:30am	5 <sup>th</sup> March 9:30am	10 <sup>th</sup> March 9:30am	12 <sup>th</sup> March 9:30am	17 <sup>th</sup> March 9:30am	19 <sup>th</sup> March 9:30am	24 <sup>th</sup> March 9:30am	n/a

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# 2025/26 Webinar Schedule (Summer Term)

<u>Navigating Neurodivergence</u>	<u>Breakthrough Behaviour</u>	<u>Feel without Fear</u>	<u>Re-establishing Routines</u>	<u>CPVA</u> (Child to Parent Violence and Aggression)	<u>Sleep</u>	<u>Accepting Adolescence</u>	<u>Seasonal Sensory Awareness</u>
14 <sup>th</sup> April 9:30am	16 <sup>th</sup> April 9:30am	21 <sup>st</sup> April 9:30am	23 <sup>rd</sup> April 9:30am	28 <sup>th</sup> April 9:30am	29 <sup>th</sup> April 1:00pm	30 <sup>th</sup> April 9:30am	n/a
5 <sup>th</sup> May 9:30am	7 <sup>th</sup> May 9:30am	12 <sup>th</sup> May 9:30am	14 <sup>th</sup> May 9:30am	19 <sup>th</sup> May 9:30am	21 <sup>st</sup> May 9:30am	22 <sup>nd</sup> May 9:30am	n/a
2 <sup>nd</sup> June 9:30am	4 <sup>th</sup> June 9:30am	9 <sup>th</sup> June 9:30am	11 <sup>th</sup> June 9:30am	16 <sup>th</sup> June 9:30am	18 <sup>th</sup> June 9:30am	23 <sup>rd</sup> June 9:30am	n/a
2 <sup>nd</sup> July 9:30am	7 <sup>th</sup> July 9:30am	9 <sup>th</sup> July 9:30am	14 <sup>th</sup> July 9:30am	16 <sup>th</sup> July 9:30am	21 <sup>st</sup> July 9:30am	23 <sup>rd</sup> July 9:30am	n/a

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