



**BRIGHTER
BEGINNINGS**

Practical advice for
parents of disabled
children aged 0-8

HAS YOUR CHILD BEEN IN NEONATAL CARE AT THE RVI?

COME ALONG TO OUR FREE WORKSHOPS!

**Our welcoming and informative sessions cover a
range of topics, including:**

Managing sleep | Encouraging positive behaviour
How to get what you need for your child | Money matters

Venue: The Tiny Lives Trust, 19 Riverside Studios, Amethyst Road,
Newcastle Business Park NE4 7YL.

Time: 9.30am (for tea, coffee and cake!) start 9.45am until 12 noon.

To book your places contact Jacqui on **0191 2302112** or email jacqui@tinylives.org.uk.
Additional childcare costs can be covered if needed, please ask when booking.

contact *For families
with disabled children*

tiny lives
SPECIAL
CARE BABIES
Registered Charity Number: 1130178

Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169).

WORKSHOP PROGRAMME

Friday 17 May

WELCOME SESSION

Workshop agenda and getting to know each other

Friday 24 May

UNDERSTANDING SLEEP

- The importance of sleep and why sleep problems may occur
- How to introduce a sleep routine
- Top tips to help

Friday 31 May

BUILDING PARENTAL CONFIDENCE

- Develop better communication skills and recognise your strengths
- Feel more confident to make decisions about your child
- Prepare for meetings with professionals

Friday 7 June

ENCOURAGING POSITIVE BEHAVIOUR

- Understand the reasons for behaviour
- Working with others to encourage positive behaviour
- Top tips to help

Friday 14 June

MONEY MATTERS

- Know how to improve your finances
- Understand what you're entitled to
- Know where to get support

Friday 21 June

SUPPORT FOR YOU

- Feel more confident in asking for support
- Relationship support – Top Tips
- Siblings support – Top Tips

