

Childhood Neurodivergence Workshop Programme

Parent/Carer Workshops September – December 2026

Neurodiversity means that across the population there is variation in people's brains. Having people in society who see the world differently and have unique skills is an important part of life to be celebrated. The term "neurodivergent" refers to people whose brains work differently to the typical cultural standards. Neurodivergence includes conditions that people are born with including autism, ADHD, learning disability and learning disorders.

This programme of free virtual workshops supports families in Suffolk. The workshops explore nurturing the unique strengths of neurodivergent children and young people and provide advice on how to support them with the challenges they face. The workshops are live on Zoom and are 90 minutes long. Recordings of the workshops and resource packs are sent after the live event to everyone who has registered.

What you need to know as a Parent/Carer

What is neurodivergence? What is autism, ADHD and learning disability? Does my child need a diagnosis to get support? This introductory workshop will answer these questions and introduce where parents/carers can find advice and guidance for supporting their neurodivergent children.

Tuesday 15th September – 12:00pm [Book Here](#)

Supporting Your Child with Anxiety

This workshop explores why neurodivergent children and young people may develop difficulties with anxiety and how parents/carers can best support them. We will look at how this may present in neurodivergent children and young people and offer practical advice and valuable strategies and tips to support your child or young person in this area.

Monday 12th October – 12:00pm [Book Here](#)

Understanding and Supporting Sleep Difficulties

Sleep difficulties can have a huge impact on a child or young person's emotions, behaviour, learning and health. This workshop will explore sleep difficulties for neurodivergent children and young people, and how parents/carers can support their child/young person with sleep.

Thursday 12th November – 10:00am [Book Here](#)

Understanding and Supporting Eating Difficulties

This workshop is for parents/carers concerned about their neurodivergent child's limited diet (i.e. avoiding or restricting certain foods). We explore why children may struggle to eat, anxiety around eating and how parents/carers can support children with these eating struggles. This workshop is not aimed at parents of children whose eating difficulties relate to body image concerns.

Tuesday 8th December – 12:30pm [Book Here](#)

These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. To access upcoming workshops, prerecorded workshops and resources in our Childhood Neurodivergence series, scan this QR code or click on the link below:

[Childhood Neurodivergence parent/carers workshops - Suffolk Local Offer](#)

