



The MAZE Parenting Programme

For parents of children with additional needs

The MAZE is aimed at parents of children who have an additional need, such as ASD, global delay, ADHD, ODD and many other types of difficulties. The MAZE runs for 12 weeks for 2 hours each week with refreshments on arrival and available throughout the session, with a break half way through. These are the sessions that we cover each week:

- Session 1: Introduction
- Session 2: Positive family relationships and attachment
- Session 3: Sensory Integration Difficulties
- Session 4: Promoting good communication
- Session 5: Social Understanding
- Session 6: Lifestyle issues (sleep, continence, diet)
- Session 7: Behaviour Management 1: Using Positive Approaches
- Session 8: Behaviour Management 2: Limit setting and Consequences
- Session 9: Functional Behaviour Analysis and behaviour change
- Session 10: My child's development
- Session 11: What about me? Building resilience
- Session 12: Moving on; planning for the future

Some of these sessions are delivered by supporting professionals, such as a Community Nurse, Specialist Autism teacher, Speech Therapist, CAMHS SEN/ASD practitioner, adult counsellors and also by experienced parents. Additionally, there is support and involvement by other local agencies such as Autism Anglia and Families In Focus.

Here are some of the comments parents have made about what they gained from the MAZE:

- *"I am learning so much and understanding my child much more. Thank you very much for the Maze course"*
- *"The MAZE course is truly the most valuable thing we have done as parents in a long time! With many thanks again and much appreciation"*
- *"Thank you again for another successful teaching tool you have taught us." "Communication has been a great learning curve for us this weekend with some big results that have made us feel confident and happier as a family generally."*
- *"Had the BEST session at Maze today, learning all about sensory integration disorder. It was seriously sobering to understand firsthand what my son must go through every day."*
- *"Each session I have been to has left me feeling positive and more determined to get my son the help and understanding he deserves."*
- *"Maze is amazing and so are the lovely facilitators. It changes your life, opens your eyes and makes new wonderful friends. The support it gives you is fantastic. Come if you can and say hi. You won't be sorry"*

More information is on the website: www.mazecourse.co.uk

Contact Sue Anderton at: themaze@btinternet.com

You can also join the MAZE community on Facebook (MAZESays).

This course will start on Wednesday 10th January, and will be facilitated by Suzy Watts
Please ask at the front office for referral forms.