

ParentingU is excited to offer some key tips for families of teenagers with Special Educational Needs (SEN) – especially those with Autism Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD), diagnosed or undiagnosed:

• **Be patient and flexible**: Teenagers with SEN may need extra time and space to process emotions or instructions.

• **Communicate clearly**: Simple, direct communication helps reduce misunderstandings.

• **Routine is key**: Consistent routines can provide a sense of security and reduce anxiety.

If these tips resonate, we invite you to join our **“Talking Teens with Additional Needs”** programme, designed to further enhance the relationship between parents and their teens.

**Programme Overview:**

• **Duration**: 7 weeks

• **Language**: English

• **Schedule**: 2 hours per week

This 7-week programme equips parents with the tools to better understand and support their SEN teens, reducing stress and family conflict while fostering a deeper bond. With expert guidance, families will gain practical strategies for navigating the teenagers with greater ease and confidence.

**What You’ll Gain**:

• Insights into your teenager’s unique developmental needs

• Practical tools to reduce conflict and build stronger connections

• Learn how to foster healthier communication with your teenager

• Deepen your understanding of SEN, particularly ASD and ADHD

• A supportive space to share experiences and challenges with other parents

**Please note there is a programme fee, but if you refer someone to join, you’ll receive a discount on your registration.** It’s a great way to save while helping others benefit from this invaluable resource!

Know a family who could benefit from this programme? **Share this email with your network** to help spread the word to those who need it most.

For further details or to register, reply to this email or visit [www.parentingu.co.uk](http://www.parentingu.co.uk/)