

Autism and ADHD –

Small changes make big differences

SENDIASS is hosting a free one-hour session for parents and carers in Suffolk where Dr Annie Clements from 'Autism and ADHD' will be exploring small changes which can have a big impact including:

- Breaking down communication and ways to make information less confusing
- Systems & routines that can really help you and your day-to-day life
- How to make choices easier for your child
- Ways to reduce anxiety a little bit at a time
- Understanding how to lower your child's sensory overwhelm

This online session will be delivered using Zoom and a recording will be made and sent to you afterwards. Only Annie and her presentation will be seen on the recording.

4th July 2022 1pm – 2pm

[Click here to register](#)

"This is the first time I feel like I have been in the room with someone who just gets it, so by default gets me and my children. The value that brings is huge."

Parent with a diagnosis