



# Birth to Five: Free information workshop programme

Welcoming and informative sessions for parents and carers of children aged 0–5 who have additional needs

**11am-1pm – followed by a light lunch**

**Friday 23 June:  
Support and Information**

- Know about support services for you and your family
- Know how to find support in your local area
- Understand how to get support



Local support



Confidence

**Friday 30 June:  
Building Parental Confidence**

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

**Friday 7 July:  
Encouraging positive behaviour**

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



Behaviour



Money matters

## Friday 14 July: Money Matters

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

### Venue:

Rose Road Association, Bradbury  
Centre, 300 Aldermoor Road  
SOUTHAMPTON, Hampshire  
SO16 5NA



Supporting families

**For more information and to book please contact Judy Trayford on 07920 654989 email [Judy.Trayford@cafamily.org.uk](mailto:Judy.Trayford@cafamily.org.uk)**

**Please come to all sessions to get the most out of the course**

### About Contact a Family

Contact a Family is a UK charity that provides support and information to families with disabled children, whatever the condition or disability.



#### Our helpline

Our freephone helpline gives advice and information on any aspect of raising a disabled child, including help with finances, education, emotional and practical support.

 **0808 808 3555**  **[helpline@cafamily.org.uk](mailto:helpline@cafamily.org.uk)**



#### Guides for parents

We have a range of guides for parents, free to parents who contact our helpline:

 **[www.cafamily.org.uk/publicationslist](http://www.cafamily.org.uk/publicationslist)**  **0808 808 3555**

### Contact a Family

209-211 City Road London EC1V 1JN

Freephone helpline: 0808 808 3555

Tel: 020 7608 8700 Fax: 020 7608 8701

Web: [www.cafamily.org.uk](http://www.cafamily.org.uk)

Email: [info@cafamily.org.uk](mailto:info@cafamily.org.uk)



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