

# Parenting neurodivergent children

Sign up to our free self-guided online parenting course for parents and carers of neurodivergent children. Created by parents and experienced practitioners, this course offers practical guidance and supportive strategies.

**FREE TO ACCESS • LEARN ANYTIME • CERTIFICATE INCLUDED**

## The free course covers:

- Low demand parenting
- Tuning into your child
- Managing change and transitions
- Meltdowns, shutdowns, burnout and masking
- Communication
- Sleep issues
- Sensory regulation
- Carer burnout and compassion fatigue
- Free downloadable resources

To sign up for our free online course, scan the QR code or click [here](#) to visit our website.



Whether you need quick parenting tips, help in a difficult moment, or someone to talk things through with, Coram Family Lives is here to help. Call us on our **helpline on 0808 800 2222** or send us a message via **WhatsApp on 07441 444125**.

**We build better family lives together**

[www.coramfamilylives.org.uk](http://www.coramfamilylives.org.uk)