



# PARENTS SUPPORT GROUP FOR FAMILIES WHO HAVE A CHILD WITH ADDITIONAL SUPPORT NEEDS

# RESPONDING TO NEED

- Partnership
- 0-5s
- Building on evidence of need

# DEVELOPING THE GROUP

- Both sources of referrals
- 10 week blocks
- Relational safety
- Settling into the childcare setting
- Home visits
- Creating a welcoming space

# BEGINNINGS

Introductions

Group Agreement

Planning

## **Mayfield Planning**

What happens post diagnosis

Do we want to feedback to professionals

How to make meetings work for you

How to be firm, communicating needs, gathering people

Thinking about strengths, when we need to focus on the challenges ie what the disability lens does for us

What advice would you give other parents

Getting children to do something they don't want to do

Learning and adapting with your child

Knowing where to start

Confusion and inconsistency from professionals

Gatekeepers

Cahms how hard it is to get support

Combating the dismissal

Feeling like people think you're at it

How to educate others

What its like trying to justify ourselves

Finding our power/advocacy

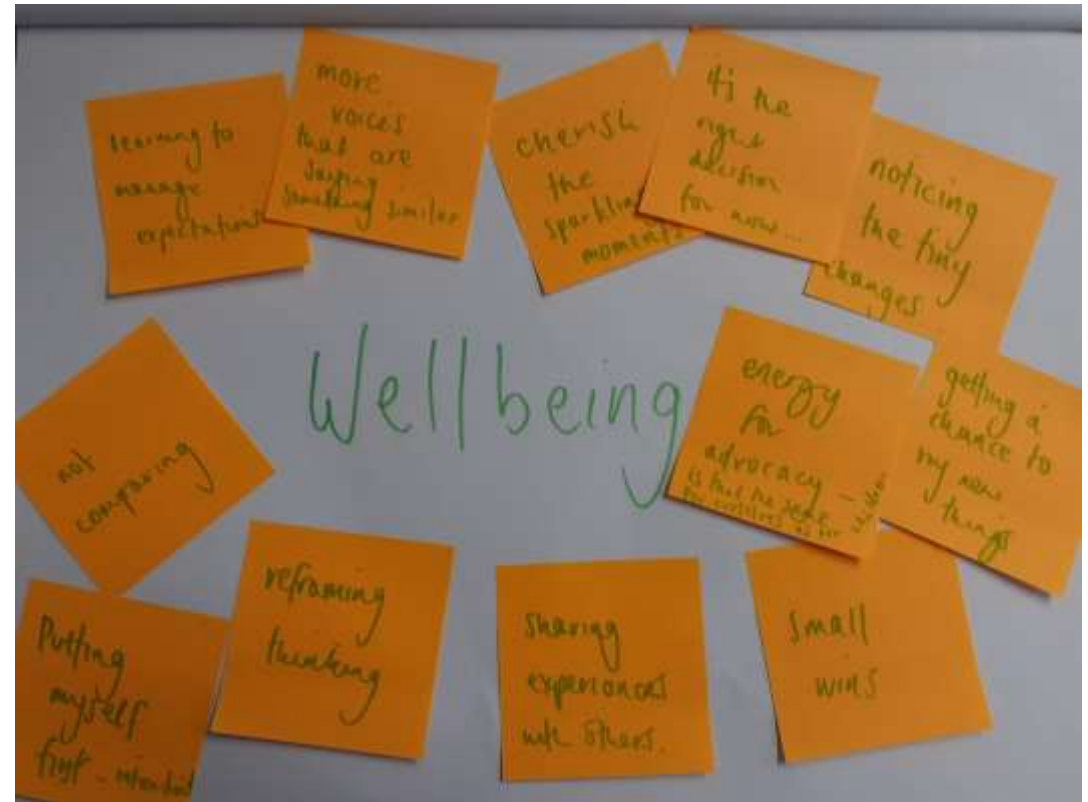
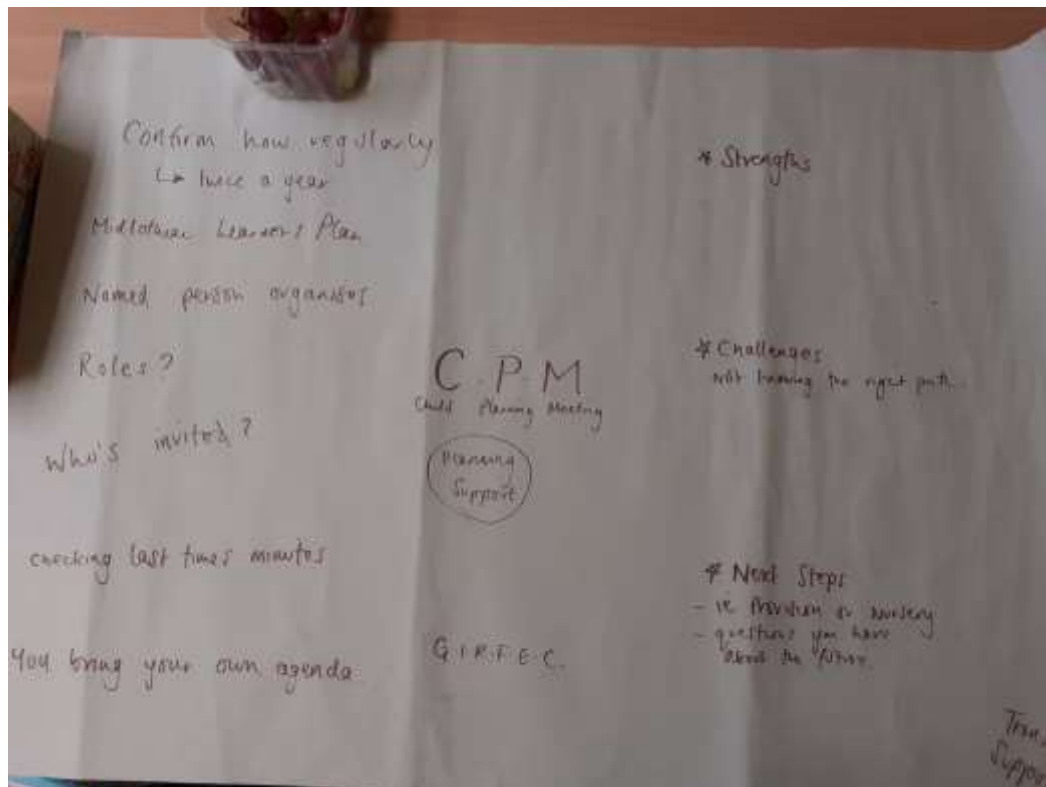
Words that have stayed with us

Feeling blamed by professionals

How to own our own expertise

Food and eating

# MIDDLE



Visits from: Vocal, Speech and Language, Tailor Ed, a Parent re: Section 23, Play Midlothian  
Themes: Wellbeing, working with the system, child's needs around eating, sleeping, managing meltdowns...

# ENDINGS AND EVALUATION

QUESTIONNAIRES, REFLECTIVE CONVERSATIONS

## **Wellbeing:**

Being with other adults has been good for my wellbeing;

from chatting to others it's made me realise that I need to look after my own wellbeing as well as the children's, putting that into practice is difficult though;

I feel my wellbeing has improved since being at this group, it is very supportive;

the group has had a positive impact as it is a safe place where I feel confident to express my thoughts and feelings;

I look forward to coming to the group, talking to other parents I always leave feeling heard and understood which is a great feeling.

### **Isolation (funding goal):**

having others to chat to who understand helps it all feel less lonely and less like I'm failing;

I have felt very isolated and it has been a relief to get to know others in the same situation and receive support and validation for how I feel;

having the group has helped as I now have people who understand;

I don't feel so isolated since coming to this group I feel like this group has helped so much as I don't feel so alone in everything that having an ASN child can make you feel.

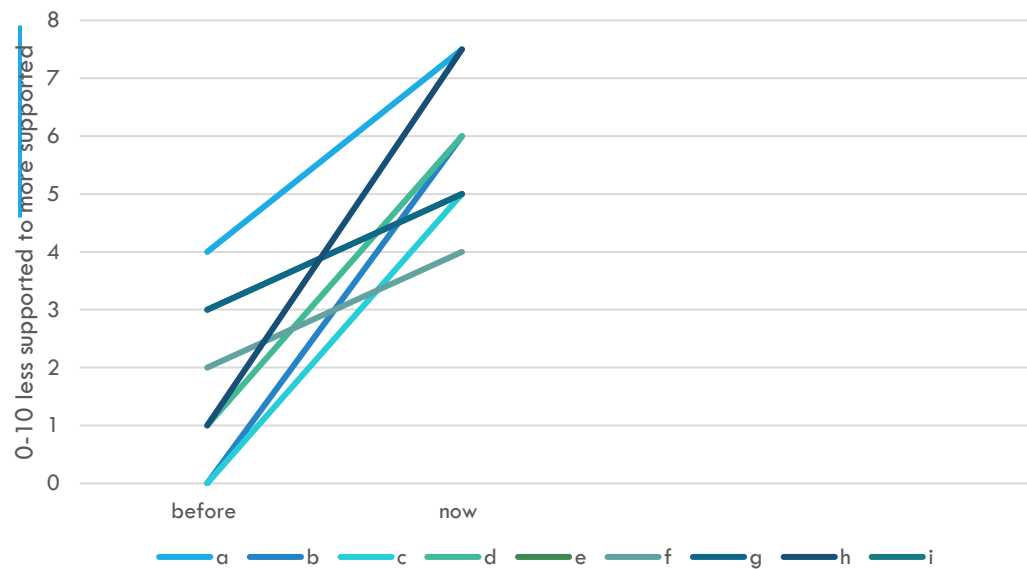
### **Increasing knowledge around ASN system (group's goal goal):**

I definitely feel I've increased my knowledge of the ASN system as a result of this group;

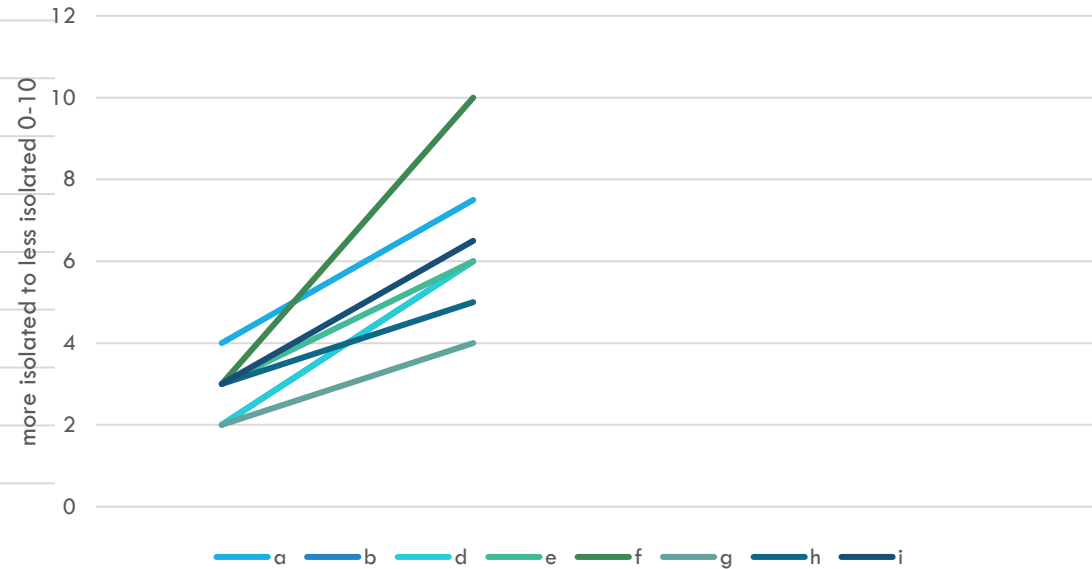
I still have a lack of knowledge but the group has improved it from where it was;

It is such a hard journey to navigate.

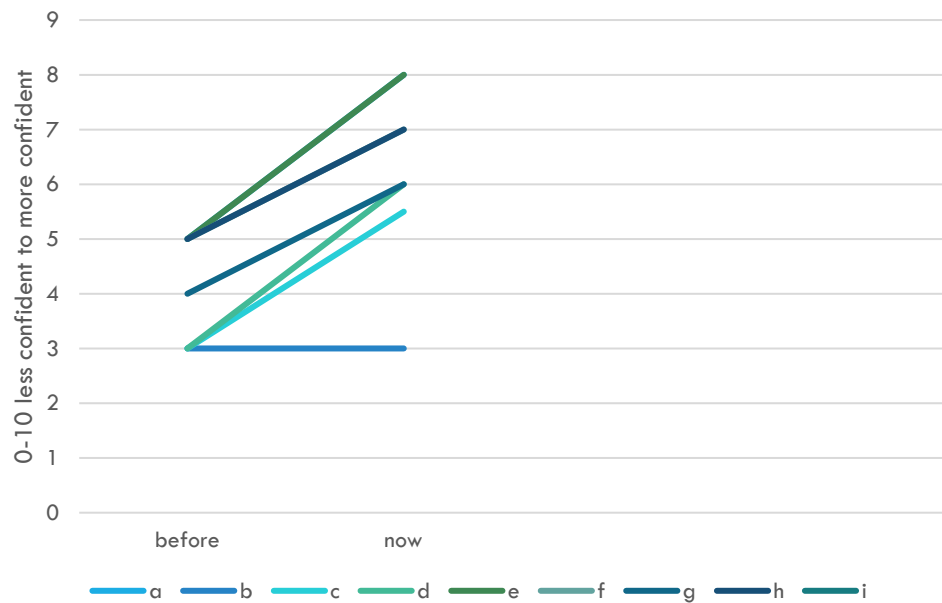
### Connected and Supported



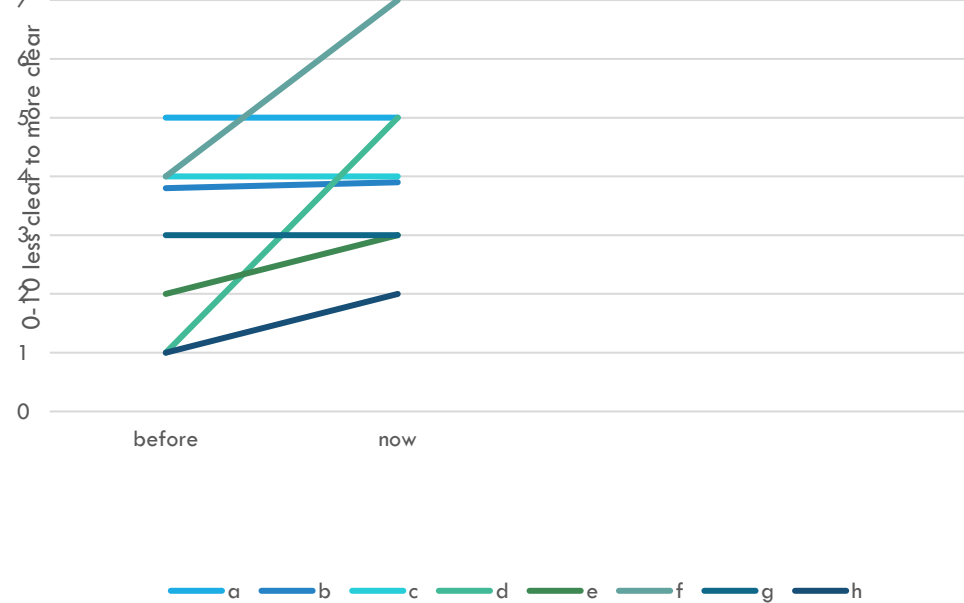
### Changes in Isolation



### Confidence in advocating



### Understanding the assessment process





# WHAT NEXT

- Developing a toolkit for families
- Sharing parents experiences more widely
- Linking up with other groups with different referral criteria
- Research?