De-escalation course

Stripes
The West Yorkshire ADHD Charity

There's comfort in knowing you're a normal zebra, not a strange horse

The session will give participants an overview of ADHD and how to support children and young adults living with ADHD

This one day session looks at managing and reducing challenging behaviours and covers the following:

- Brain development - especially developmental differences in neurotypical and neurodivergent brains
- Reasons behind certain behaviours
- The science behind dysregulation
- Strategies to help you de-escalate a dysregulated child/young person

Stripes - The West Yorkshire ADHD Charity
stripes.org.uk
support@stripes.org.uk
0113 8563459

Registered Charity Number: 1198903