

## Are you a family caregiver for a child who has a learning disability, global developmental delay or is autistic aged 0-5?

Then you might be interested in attending the **Early Positive Approaches to Support (E-PAtS)** group!

### 1. What is E-PAtS?

- An 8 session group for families of young children (0-5) who have a learning or developmental disability.
- Supports resilience and wellbeing for family caregivers, positive developmental for children and proactive access to services.

### 3. How is E-PAtS delivered ?

- E-PAtS is facilitated by a trained professional and trained family carer who work in partnership
- Materials and sessions have been co-produced by family carers and professional experts and provide strategies for using now and in the future
- Group sessions are designed to be emotionally supportive and meet the needs of a diverse range of families, supporting children with a variety of needs

### 2. Why E-PAtS?

- Raising children brings both joys and challenges to families.
- Families of children with disabilities sometimes need some extra support to navigate through challenges that relate to their child's particular needs.
- E-PAtS provides high quality information and sensitive support in the early years to help build bright futures for children with disabilities and their families.

### 4. What is covered?

- ✓ Accessing services and supports
- ✓ Emotional wellbeing and resilience for caregivers
- ✓ Supporting sleep for children
- ✓ Supporting communication
- ✓ Supporting skills development
- ✓ Positive approaches to behaviours that challenge

### 5. What families say:

*“Just wanted to let you know that today for me was a massive success. I really enjoyed the training and came home with so much!!”*

*“I haven't stopped talking about the training to (my partner) and what I gained from the course as well as how open and honest everyone was and all the vital information I received from such an early onset”*

In E-PAtS **you are always the EXPERT on your child.** You will have the opportunity to work alongside other families to build on ways to support yourself, your child and family. **You will never be judged or told what to do.**

If you would like to find out more about how you can take part please email [enquiries@kindred-scotland.org](mailto:enquiries@kindred-scotland.org) or call Kindred on **0800 031 5793**

