

Child brain development

- Thousand Days – organisation research and resources on the idea of the first 1000 days of a child’s life is most critical to their development. www.thousandddays.org
- Zero to Three – an American organisation providing research and resources for families and professionals about child development up to the age of three. www.zerotothree.org
- The Whole Brain Child. Daniel Siegel and Tina Payne Bryson
- Video from workshop on fixed vs. growth mindset [Growth Mindset vs. Fixed Mindset - YouTube](#)
- Ted Talk on fixed vs growth mindset [Carol Dweck: The power of believing that you can improve | TED Talk](#)
- What Happened to You? Bruce Perry and Oprah Winfrey

Adolescence

- Inventing Ourselves: The Secret Life of the Teenage Brain. Sarah-Jane Blakemore
- Perfectly Weird, Perfectly You: a scientific guide to growing up. Camilla Pang, for autistic teenagers
- Suffolk Children's Community LD ASD Nursing Team website has useful resources on ‘developing self’ about puberty and keeping healthy [Children's Community Learning Disabilities and / or Autism Nursing Team - Behaviour Support - Suffolk County Council](#)
- [Puberty and your body | Childline](#)
- [Ten Tips to Support Your Teenager with ADHD - ADHD Foundation](#)
- Teen Life is a six-session programme for parents/carers of young people aged 10 to 16 years on the autism spectrum. To find your local programme: [Family support \(autism.org.uk\)](#)
 - East Suffolk: [Teen Life - Suffolk Family Carers](#)
 - West Suffolk: [West Suffolk Neurodevelopmental Support Service - Family Action \(family-action.org.uk\)](#)
- [Understanding the teenage brain - YouTube](#) Psychology in Schools Team webinar

General Suffolk advice and support

- **Suffolk Support and self-help guide:** Information about local services (you will receive a PDF copy of this within the following up email). This booklet can be accessed via the following link: <https://www.nsft.nhs.uk/download.cfm?doc=docm93jjm4n2404>
 - Within this booklet, further information about SENDIASS (Special Education Needs and Disabilities Information, Advice and Support Service) is included
 - Further information regarding breathing and grounding techniques discussed in the workshop are also included

- **The Source [Suffolk only]:** Information and advice for young people in Suffolk. Visit: www.thesource.me.uk

Psychology in Schools Team parent/carer workshops

We run regular free online parent/carer workshops on childhood neurodiversity and mental health and wellbeing. These can be accessed live via booking on Eventbrite www.nsft.uk/workshops or you can watch recorded workshops via YouTube at <https://www.nsft.nhs.uk/parent-workshops>

The next workshops in the Childhood Neurodiversity series are:

- Understanding and managing behaviour – Thursday 7th September 1pm
- Other monthly workshops dates TBC: impact of early life stress/trauma, sensory processing, eating difficulties, communication difficulties, cognitive difficulties, sleep problems, using technology and social relationships

The next workshops in our mental health and wellbeing programme are:

- Recorded previous workshops on the NSFT YouTube channel: Low mood, anxiety, school avoidance, tics and Tourette's, self-harm, emotion regulation, trauma, OCD, managing exam stress and more!