



## Training day for adoptive parents and other permanent carers



### Eat, Sleep, Play – Everyday Challenges in Parenting Adopted Children

#### Who should attend

Adoptive Parents and other Permanent Carers caring for children up to the age of 11

#### Trainer

**Julia Davies** is a social worker and play therapist who has worked with children and their families in the fields of fostering and adoption and other forms of care. She is trained in DDP and Theraplay® and has a strong commitment to build stronger attachment relationships in families and to enable children to recover from their early life trauma and thrive in their new families.

As a parent you naturally wish for your child to eat well, sleep well and play happily – simply because you know that these are part of the basics that will help your child to thrive. However, when a child had an adverse start in life, things don't always go as smoothly as you had hoped.

This training is for adopters and other permanent carers of children (up to the age of 11) who are struggling with eating, sleeping and playing. The training will offer parents the opportunity to explore the difficulties they have encountered in this regard, and familiarize themselves with strategies that can help their child to eat, sleep and play better. We will explore these challenges from an attachment and trauma perspective. The practical strategies will include Parenting with PACE as well as other therapeutic parenting approaches.

#### Date

Wednesday  
11 November 2020  
10.00am to 4.30pm  
Lunch and refreshments will be provided

#### Venue

Family Action Head Office,  
34 Wharf Road,  
Unit 3 Wharf Studios,  
London N1 7GR

#### Fees

**PAC-UK subscribing local authorities + all self-paying parents/carers:**

Individual carers: £88 (£105.60 incl.VAT);  
Couples: £167 (£200.40 incl.VAT)

**PAC-UK non-subscribing local authorities:**

Individual carers: £102 (£122.40 incl.VAT);  
Couples: £190 (£228 incl.VAT)

#### Benefits of attending:

**By the end of this course participants will be better able to:**

- understand the impact of their child's early life experience on their daily life, and specifically on eating, sleeping and playing;
- think of practical, therapeutic ways to improve their child's eating, sleeping and playing;
- reflect on the impact of their child's eating, sleeping and playing on their own emotional state and on ways to regulate themselves;
- realise that other parents have similar everyday parenting challenges and learn from each other's successes.

**Enrol** [www.pac-uk.org/training](http://www.pac-uk.org/training) **Contact** [training@pac-uk.org](mailto:training@pac-uk.org) **Web** [www.pac-uk.org](http://www.pac-uk.org) **Tel** 020 7284 5872

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