

# TALKING ASD & ADHD WORKSHOP: TECH USE

Workshops are FREE to parents and carers living in [Hertfordshire](#) of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



**Wednesday  
2nd July 2025  
9.30-11.15am**

## We will explore:

- What you can do to keep your child safe online.
- Why it is so hard for them to switch off and what you can do to help.
- What you can do to support any difficulties with behaviour when your child is playing.
- The effect of using their devices as a reward or consequence.
- Teaching your child to develop their own methods of regulating device use and staying safe.

"I now understand why we have been getting into so much conflict."

"Thank you for all your advice. Tech is such a tricky issue to navigate."

**An online parent workshop delivered to your home via Zoom.**

**FREE for parents and carers living or with a child in school in Hertfordshire**

## Booking essential via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-766-for-parentscarers-in-herts-registration-1307911732199?>



**Or contact Supporting Links  
QUOTING REFERENCE SL766**

**01442 300185**

**[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk)**



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