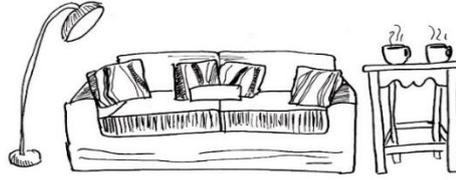


Conversations with Alice



This is an opportunity for adoptive parents to come together to discuss important topics with adoptive parent and specialist psychotherapist Alice Mallorie. Bring your questions, reflections and experience - **11am-12noon every Monday (term-time)** These are stand-alone sessions – please join in with those that suit your current needs. **Sessions start on Monday 18th January and can be booked through Eventbrite using the individual session links below**



18th Jan: 'Me time' One of the most important things about parenting a child with 'attachment and trauma' needs is getting time to re-charge your batteries. A time to share tips and to replenish.

[conversations-with-alice-me-time-tickets](#)

25th Jan: 'Sleep' Sleep can get disrupted by having 'imported trauma' in the home. Even a temporary disruption of sleep can add to anxiety and stress for parents and having children who don't sleep well, is really hard too.

[conversations-with-alice-sleep-tickets](#)

1st Feb: 'Mealtimes' For so many parents meal-times are a meaningful time to connect with and nurture our children. It's very tough when meals are rejected, disrupted and food becomes a means for control.

[conversations-with-alice-mealtimes-tickets](#)

8th Feb: 'Joy' when the going gets tough we sometimes forget the moments of Joy! Sharing what is joyful can increase oxytocin and is as important as sharing a problem. Alice will share how to maximise states of joy.

[conversations-with-alice-joy-tickets](#)

Half-Term

22nd Feb: 'Control' So hard to feel controlled by a little (or bigger) person. What can we do to reduce the child's need to control and its effect on us!

[conversations-with-alice-control-tickets](#)

1st March: 'When I insist you resist' Children / teens who avoid demands and hate the word NO!

[conversations-with-alice-when-i-insist-you-resist-tickets](#)

8th March: Accepting a child's/teen's 'map of the world' The child is always right from their point of view...when we engage and get curious about what that 'map' is they can be more open to our parenting.

[conversations-with-alice-accepting-a-childs-map-of-the-world-tickets](#)

15th March: 'Birthdays, special outings and holidays' How to keep things low key so that children don't get stressed. An opportunity to share what does and doesn't work with children who can't manage treats or excitement and tend to 'spoil'.

[conversations-with-alice-birthdays-special-outings-and-holidays](#)

22nd March: 'Hygiene' so many of our children struggle with this area. Tips and thoughts for all ages.

[conversations-with-alice-hygiene-tickets](#)

29th March: 'Phones and Screens' What to do?

[conversations-with-alice-phones-and-screens-tickets](#)

Each session costs £10, sessions will run as long as we have 4 sign-ups, sessions are limited to 10 attendees. We will alert you by email if we have to cancel, on the Friday before the session, you will be fully refunded.

You can cancel your ticket, for a refund (minus Eventbrite fee), up to 1 week before the event.