

# Early Positive Approaches to Support (E-PAtS)

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## 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 development for children and proactive access to services.

## 3. How?

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.*

*I really can't wait until Wednesday*

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