

February 2024

Dear Parents and Carers,

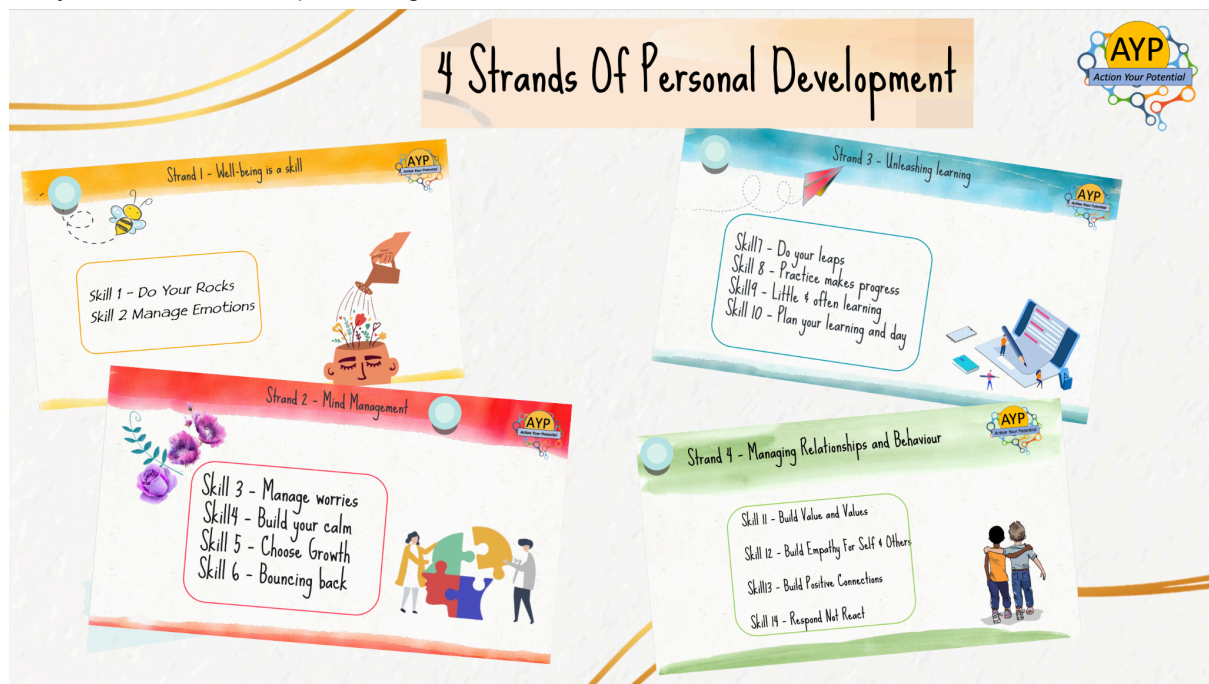
### **#NeuroNinja Parent Partnership Programme 2024**

As you know as a school community we work with Action Your Potential to support our students, parents and carers and staff to build the metacognitive skills of becoming a **#NeuroNinja**. A **#NeuroNinja** is someone who understands how their brain works.

Our brain is shaped by 4 psycho-social forces:

- **Our daily habit;**
- **Our relationships with friends, families and other people;**
- **Our relationship with ourselves;**
- **Our goals**

This stuff changes your life if you let it. Our brain is neurally plastic so whatever you use it for, it will get better at that thing. Our mission is to provide parents and carers with all the information and strategies to help their children build the best version of themselves everyday. We do this by helping everyone learn to develop metacognitive skills.



Season 1 of the **#NeuroNinja Parent Partnership Programme** saw over 1500 parents and carers accessing our courses through January and February. Feedback and engagement was incredible. **Season 2 begins on the 4th March.** Details are below. You can sign up via the [link to the poster here](#).

**#NeuroNinja Parent Partnership Programme**  
Season 2 - Starting in March

**Webinar Courses 8-9pm**

**Anxiety Solutions For Your Child - Step By Step**

4 Sessions  
Mondays 4<sup>th</sup> to 25<sup>th</sup> March

In this series of webinars, we will walk you through a step-by-step guide to helping your child tackle anxiety and build resilience. To sign up see link in the letter

**Unleashing The Incredible Power Of Your Parenting Every Day**

4 Sessions  
Wednesdays 6<sup>th</sup> to 27<sup>th</sup> Mar

In this series we will walk you through the incredible power our parenting has to shape our child's amazing brain, and what we all need to do as parents and carers each day to help our children prepare for the complexities of the adult world. To sign up see link in the letter

**How Can I Help My Shutdown Child Return to Balance Every Day**

4 Sessions

In these sessions Andrew from AYP will take a step-by-step approach for parents and carers of neuroally diverse children who are experiencing school-based anxiety and overwhelm to help parents to help them to return to balance

Available from Thu 28 March to sign up to receive the course when it is published see link in letter

**Monday Webinars running on 4th, 11th, 18th and 26th March at 8pm**

A step by step guide to helping your child tackle anxiety and build resilience.

[A video overview of the course from Andrew is here.](#)

[Sign up here on Zoom.](#)

**Wednesday Webinars running on 6th, 13th, 20th and 27th March at 8pm**

How to unleash the incredible power of your parenting to support your child every day. We will focus on every tiny thing we can do as parents and carers in a 24 hour period we can do to support our child to build the best brain for their future. [A video overview of the course from Andrew is here.](#)

[Sign up here on Zoom.](#)

**How Can I Help My Shutdown Child Return to Balance Everyday**

In this course Andrew will walk through the daily processes to support parents and carers of neuroally diverse children to return to balance after burnout, stress or trauma. To sign up to receive this course when it is published during the week of [26 March click here.](#)

[A video overview of the course from Andrew is here.](#)

These are practical sessions with relatable content that will help you and your child to change your brain, change your mind and change your world.

As part of this programme you will be sent resources to support you and your child after each session. You will also have the opportunity to ask questions and seek additional support. You are the expert in your child, until they are old enough to become the expert in themselves. Our mission at AYP is to help you and them understand your amazing brains so you can get the best mind possible everyday.

As your school or college is part of the #NeuroNinja Tribe you also have access to our #NeuroNinja Learning Hub, [you can sign up here](#) and recordings of the #NeuroNinja Parent Partnership Programme webinars will be uploaded here too.

Any questions email Andrew - [andrewwright@aypuk.com](mailto:andrewwright@aypuk.com).

Best wishes Andrew at AYP