

Useful Websites

Behaviour

www.challengingbehaviour.org.uk
www.cafamily.org.uk/media/380154/understandingchildbehaviour.pdf
www.mind.org.uk

Sleep

www.cafamily.org.uk/advice-and-support/family-life/helping-you-and-your-child-sleep

Puberty

www.cafamily.org.uk/medical-information/conditions/p/premature-sexual-maturation
www.educationscotland.gov.uk

General

www.easyhealth.org.uk
www.nhs.uk
www.access-unlimited.co.uk
www.cafamily.org.uk
www.sparklebox.co.uk
www.visualaidsforlearning.com
www.pecs.org.uk
www.autism.org.uk
www.childrenwithspecialneeds.com
<http://www.disabledliving.co.uk>
<http://www.healthyteethdevon.nhs.uk>
<http://www.disabilityrightsuk.org/personal-independence-payment-pip>
[Down's Syndrome Support Group – contact Julie on 07983 352545](http://www.downsyndrome.org.uk)
www.spcn.org.uk

Healthy Eating

www.nhs.uk/info@activities-unlimited.co.uk
www.nhs.uk/change4life
www.myfooddiary.com/resources/ask

Emotional Well-being

Young Minds –
www.mentalhealth.org.uk
www.learningdisabilities.org.uk
www.easyhealth.org.uk

Continece

www.eric.org.uk
www.bladderandbowelfoundation.org
www.pottytrainingconcepts.com
www.disabledliving.co.uk/promocon/publications
www.easyhealth.org.uk
<http://changingplaces.uktoiletmap.org/>
www.autisim.org.uk
<http://www.pshealthcare.co.uk/>
<http://www.pshealthcare.co.uk/comntent/PShealthcare%20Brochure.pdf>
www.cafamily.org.uk/media/379936/potty_toilet_training.pdf