# Early Positive Approaches to Support (E-PAtS)

**Dr Nick Gore – Tizard Centre University of Kent**

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.

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.

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.

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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