

LOCATION:

*The Hyde Children's Centre
Hyde Crescent
West Hendon NW9 7EY*

Autism Pre-School Parent/Carer Programme
September 2019

1. Autism Education Trust (AET)

Making sense of Autism

- Introduction to Autism
- Autism Education Trust (90 minutes)

Professionals: BEAM &
Pre-School teaching team

Friday 13th September 2019

9.30-11.30am



2. Structure, Routine and managing change

Use of visuals and other strategies for setting up routines in the home and managing changes and transitions.

Professionals: BEAM

Friday 20th September 2019

9.30-11.30am

3. Understanding Education Health and Care Plans

- What is an EHCP?
- How can a EHCP help my child?
- How long this process takes ?
- Who can help ?
- Parents questions

Professionals: SENDIASS

Friday 27th September 2019

9.30-11.30am

4. Promoting Communication

- Development of speech, language and communication
- Strategies for promoting this in the home.

Professionals:
Speech Therapist & BEAM

Friday 4th October 2019

9.30-11.30am

5. Understanding Sensory Processing

- Understanding of our 5 senses and 3 hidden senses.
- Practical strategies to promote alertness and calm.

Professionals: Occupational Therapist & BEAM

Friday 11th October 2019

9.30-11.30am

6. Eating and Drinking Difficulties

- Understanding of development of eating and drinking skills.
- Practical strategies to use at home.

Professionals: Occupational Therapist & BEAM

Friday 18th October 2019

9.30-11.30am

7. Sleep

- Understanding how to improve sleep.
- Practical strategies to promote good bedtime routines.

Professionals: BEAM

Friday 1st November 2019

9.30-11.30am

8. Toileting

- Understanding of development of toileting skills.
- Strategies for promoting using the toilet at home.

Professionals: BEAM &
Parent

Friday 8th November 2019

9.30-11.30am

This programme is aimed at **parents /Carers** of pre-school aged children who have received a diagnosis of Autism.

Unfortunately we are not able to offer a creche.

Teachers and therapists will deliver modules designed to increase your knowledge and skills with understanding and practical strategies to implement at home. The programme also allows parents to share their ideas and knowledge with other parents and professionals.

The modules have been designed based on feedback from parents (collated over the past few years), updates in current research and good practice.

We ask that you try to commit to attending 5 out of 8 modules. We appreciate that you may not be able to attend the sessions consecutively so we will be repeating the programme again during the next round of the programme.

To accept a place please email beam.team@barnet.gov.uk with your name and your phone number.

To find out more about our Barnet services see our Local Offer website www.barnetlocaloffer.org.uk.

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