

Autism Pre-School Parent/Carer Programme

We are no longer able to hold this programme as a face-to-face due to social distancing guidelines. We have developed online YouTube video links and live ZOOM sessions. Please sign up the programme using the link www.tiny.cc/autismpsp and we will keep you updated. Thank you for your patience at this difficult time. Please stay safe. (Updated September 2020)

This programme is aimed at parents / carers of preschool aged children with a diagnosis of Autism

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

To book a place please go to the link below and complete the form. We will then email you if you have been given a place or not.

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



To
book go to
www.tiny.cc/autismpsp

Programme Content

1. Introduction to Autism

- What is autism?
- Autism and early education.
- Autism voice
- Strategies for support

Professionals: BEAM



2. Promoting Communication

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

Professionals: Speech Therapist & BEAM



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



4. Sleep

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

Professionals: BEAM



5. Toileting

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

Professionals: BEAM & Parent



6. Understanding Sensory Processing

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

Professionals: Occupational Therapist



7. Eating and Drinking Difficulties

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

Professionals: Occupational Therapist



8. 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



