

Autism Parent Carer programme Preschool/Early Years/Year 1

Teachers and therapists will deliver virtual sessions via ZOOM. It will include 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 access this programme you must meet the following criteria:

- **Child has a diagnosis of Autism**
- **Child is *not yet in nursery/ in nursery/in Reception/in year 1.***
- **Barnet resident**

(If your child is year 2 or above, you can access the Cygnets Programme [Cygnets- Autism Advisory team](#))

We will send weekly emails with details for each session including the opportunity to watch the session as a You Tube video and also to join a live ZOOM session.











To book please email your name and contact number to Anneliese anneliese.desai@barnet.gov.uk

confirming that you meet the criteria:

- Barnet resident
- Child has a diagnosis of autism
- Child is in year 1 or younger

Programme Content

<p>1. Promoting Communication</p> <ul style="list-style-type: none"> • Development of speech, language and communication • Strategies for promoting this in the home. <p>Professionals: Speech Therapist & BEAM</p> <p>Live ZOOM sessions:</p> <p>Tuesday 27th April 2021 10-11.30am & 1pm-2.30pm</p> <p style="text-align: center;"></p>	<p>2. Understanding Education Health and Care Plans</p> <ul style="list-style-type: none"> • What is an EHCP? • How can an EHCP help my child? • How long this process takes? • Who can help? <p>Professionals: SENDIASS</p> <p>Live ZOOM sessions:</p> <p>Tuesday 4th May 2021 10-11.30am & 1pm-2.30pm</p> <p style="text-align: center;"></p>
<p>3. Structure, Routine and managing change</p> <ul style="list-style-type: none"> • Use of visuals and other strategies for setting up routines in the home and managing changes and transitions. <p>Professionals: BEAM</p> <p>Live ZOOM sessions:</p> <p>Tuesday 11th May 2021 10-11.30am & 1pm-2.30pm</p> <p style="text-align: center;"></p>	<p>4. Understanding Sensory Processing</p> <ul style="list-style-type: none"> • Understanding of our 5 senses and 3 hidden senses. • Practical strategies to promote alertness and calm. <p>Professionals: Occupational Therapist</p> <p>Live ZOOM sessions:</p> <p>Tuesday 18th May 2021 10-11.30am & 1pm-2.30pm</p> <p style="text-align: center;"></p>
<p>5. Toileting</p> <ul style="list-style-type: none"> • Understanding of development of toileting skills. • Strategies for promoting using the toilet at home. <p>Professionals: BEAM & Parent</p> <p>Live ZOOM sessions:</p> <p>Tuesday 25th May 2021 10-11.30am & 1pm-2.30pm</p> <p style="text-align: center;"></p>	<p>6. Eating and Drinking Difficulties</p> <ul style="list-style-type: none"> • Understanding of development of eating and drinking skills. • Practical strategies to use at home. <p>Professionals: Occupational Therapist</p> <p>Live ZOOM sessions:</p> <p>Tuesday 8th June 2021 10-11.30am & 1pm-2.30pm</p> <p style="text-align: center;"></p>
<p>7. Sleep</p> <ul style="list-style-type: none"> • Understanding how to improve sleep. • Practical strategies to promote good bedtime routines. <p>Professionals: BEAM</p> <p>Live ZOOM sessions:</p> <p>Tuesday 15th June 2021 10-11.30am & 1pm-2.30pm</p> <p style="text-align: center;"></p>	<p>8. Introduction to Autism</p> <ul style="list-style-type: none"> • What is autism? • Autism and early education. • Autism voice • Strategies for support <p>Professionals: BEAM</p> <p>Live ZOOM sessions:</p> <p>Tuesday 22nd June 10-11.30am & 1pm-2.30pm</p> <p style="text-align: center;"></p>