

# BELS Autism Parent/Carer programme (0-6yrs)



## BELS Autism Parent Carer Programme.

Professionals and parents will deliver modules designed to increase your knowledge and skills with understanding Autism and using practical strategies to support your child.

### The criteria for accessing the programme:









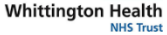






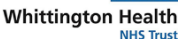

- Barnet Resident
- Child has a diagnosis of Autism
- Child is 0-6 years old

To register [Click here](#) or scan QR code:



All sessions will be on Zoom.  
Links to be sent once registered.

## Programme Content

<p><b>1. Toileting</b></p> <ul style="list-style-type: none"> <li>• Understanding of development of toileting skills.</li> <li>• Strategies for promoting using the toilet at home.</li> </ul> <p><b>Professionals:</b> BEAM &amp; parent</p> <p><b>Wednesday September 18<sup>th</sup></b> <b>Live ZOOM session - 10:00am-11:30am</b></p>  	<p><b>2. Understanding Sensory Processing</b></p> <ul style="list-style-type: none"> <li>• Understanding of our 5 senses and 3 hidden senses.</li> <li>• Practical strategies to promote alertness and calm.</li> </ul> <p><b>Professionals:</b> Occupational Therapist</p> <p><b>Wednesday September 25<sup>th</sup></b> <b>Live ZOOM session - 10:00am-11:30am</b></p>  
<p><b>3. Promoting Communication</b></p> <ul style="list-style-type: none"> <li>• Development of speech, language, and communication.</li> <li>• Strategies for promoting this in the home.</li> </ul> <p><b>Professionals:</b> Speech Therapist</p> <p><b>Wednesday October 2<sup>nd</sup></b> <b>Live ZOOM session - 10:00am-11:30am</b></p>   	<p><b>4. Introduction to Autism</b></p> <ul style="list-style-type: none"> <li>• What is autism?</li> <li>• Autism and early education.</li> <li>• Autistic voice.</li> <li>• Strategies for support.</li> </ul> <p><b>Professionals:</b> BEAM</p> <p><b>Wednesday October 9<sup>th</sup></b> <b>Live ZOOM session - 10:00am-11:30am</b></p>   
<p><b>5. Emotional Regulation and Promoting Predictability</b></p> <ul style="list-style-type: none"> <li>• Use of visuals and other strategies for setting up routines in the home, managing changes and transitions.</li> <li>• Enhancing predictability as a way to support emotional regulation.</li> </ul> <p><b>Professionals:</b> BEAM + parent</p> <p><b>Wednesday October 16<sup>th</sup></b> <b>Live ZOOM session - 10:00am-11:30am</b></p>  	<p><b>6. Sleep</b></p> <ul style="list-style-type: none"> <li>• Understanding how to improve sleep.</li> <li>• Practical strategies to promote good bedtime routines.</li> </ul> <p><b>Professionals:</b> BEAM + parent</p> <p><b>Wednesday November 6<sup>th</sup></b> <b>Live ZOOM session - 10:00am-11:30am</b></p>  
<p><b>7. Eating and Drinking Difficulties</b></p> <ul style="list-style-type: none"> <li>• Understanding of development of eating and drinking skills.</li> <li>• Practical strategies to use at home.</li> </ul> <p><b>Professionals:</b> Occupational Therapist &amp; Speech Therapist</p> <p><b>Wednesday November 13<sup>th</sup></b> <b>Live ZOOM session - 10:00am-11:30am</b></p>   	<p><b>8. Understanding Education Health and Care Plans</b></p> <ul style="list-style-type: none"> <li>• What is an EHCP?</li> <li>• How can an EHCP help my child?</li> <li>• How long the process takes?</li> <li>• Who can help?</li> </ul> <p><b>Professionals:</b> SENDIASS</p> <p><b>Wednesday November 20<sup>th</sup></b> <b>Live ZOOM session - 10:00am-11:30am</b></p> 