

LOCATION:

**THE HYDE CHILDREN
CENTRE, Hyde Crescent**

Autism Pre-School Parent/Carer Programme

1. Introduction/Meet and Greet

- Meet and greet
- Outline plan and ideas for sessions
- Parent questions and needs.

Professionals: BEAM & other early years teams.

**Friday 14th September 2018
9.30-11.30am**

2. Promoting Predictability and Managing Change

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

Professionals: BEAM

**Friday 21st September 2018
9.30-11.30am**

3. Autism Education Trust (AET) Making sense of Autism

- Introduction to Autism
- Autism Education Trust— 90 minutes

Professionals:

Pre-school teaching team

**Friday 28th September 2018
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 5th October 2018
9.30-11.30am**

5. Toileting

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

Professionals: BEAM & Pre-school Teaching team

**Friday 12th October 2018
9.30-11.30am**

6. Sleep

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

Professionals: BEAM

**Friday 19th October 2018
9.30-11.30am**

7. Eating and Drinking Difficulties

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

Professionals: Occupational Therapist & BEAM

**Friday 2nd November 2018
9.30-11.30am**

8. Understanding Sensory Processing

- Understanding of our 5 senses and 2 hidden senses.
- Practical strategies to promote alertness and calm.

Professionals: Occupational Therapist & BEAM

**Friday 9th November 2018
9.30-11.30am**

This programme is aimed at parents of pre-school aged children who have received 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.

We ask that you 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 in November.

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.

***Location: THE HYDE CHILDREN CENTRE,
Hyde Crescent
NW9 7EY***