

Coronavirus (COVID-19): Latest information and advice

For information about how we are working to support our residents, communities and businesses, and the latest advice about council services visit: barnet.gov.uk/covid19

If you, a family member, friend, or close member of your community are in need of urgent help that is **not medical related**, contact us through: COVID19support@barnet.gov.uk or call 0808 281 3210.



Autism Pre-School Parent/Carer Programme

***We are no longer able to hold this programme at the Hyde children's centre due to social distancing guidelines. Our teams are working to find ways to safely offer this programme through online videos and virtual platforms. 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.*

(April 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

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

- Introduction to Autism

Professionals: BEAM & Pre-School teaching team

Time: 1 hour

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

Time: 1 hour

5. Toileting

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

Professionals: BEAM & Parent

Time: 1 hour

7. Eating and Drinking Difficulties

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

Professionals: Occupational Therapist & BEAM

Time: 1 hour

2. Promoting Communication

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

Professionals: Speech Therapist & BEAM

Time: 1 hour

4. Sleep

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

Professionals: BEAM

Time: 30 minutes

6. Understanding Sensory Processing

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

Professionals: Occupational Therapist & BEAM

Time: 1 hour

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

Time: 1 hour

