

ASD Support Service SPACE Programme: Supporting Parents of Autistic Children in the Early Years



Parents of children on the autistic spectrum face the usual positive and difficult challenges of parenting and quite a few more. After a diagnosis, parents and carers can have a lot of questions and may feel isolated in managing their child's needs. The ASD Support Service have created a pre-school programme, which is based on the Barnardo's Cygnet programme. This provides families with information about autism and its management and the support available on an ongoing basis suitable for the young child's needs and developmental level.

Programme Approach

SPACE acknowledges parents as the experts when it comes to their own children. No-one knows a child as well as a parent, however a child on the autistic spectrum will present with additional challenges and families may feel there are not many places to go for advice and support. SPACE can fill this gap by;

- Building on parents' knowledge of their child and their positive care experiences.
- Using available knowledge on autism, how this presents for each unique child and understanding needs as differences.
- Presenting programmes in a relaxed and varied format with practical applications in the home.
- Developing a mutually supportive environment where parents can share advice and experiences.

SPACE is a **4 week programme** that provides a mixture of information to read, questions to reflect upon and discuss, links to sources of further information and handouts that summarise some of the key learning points.

The course covers;

- **Understanding Autism**
- **Communication and Language**
- **Behaviour; Anxiety and Anger**
- **Daily Living Skills**
- **Sensory Processing**

The programme is for parents whose children are **not yet attending school**.

Courses are run three times a year at Fosse Way School. Each session is 2 hours long.

In light of Covid-19, sessions are currently run via Zoom meetings once a week for 2 hours. Your trainer will be available throughout the course to provide support and mentoring.

If you are interested please download a **booking form from the Rainbow Resource** <https://www.rainbowresource.org.uk/> and email to ASDSS@fossewayschool.com

Your child must have confirmed diagnosis of Autism for you to attend.

ASD Support Service

Fosse Way School

Longfellow Road Radstock Bath BA3 3AL | T: 01761 412198 | F: 01761 411751 | Email: office@fossewayschool.com

www.fossewayschool.co.uk

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