



Autism and Social Communication Advisory Team

Exploring Autism for Parents and Carers

A new and updated programme
offering up to date thinking and links
to research-based evidence for parent
carers of autistic children
and young people.



Sessions to explore Autism and strategies to support acceptance, empowerment, and relationships in family life.

Are you a parent/carer of a child or young person, aged 8-16 years, who is autistic or on the social communication pathway and have not attended this course before?

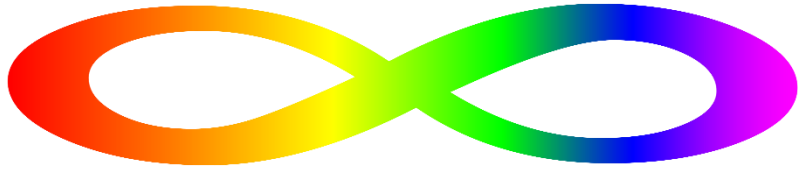
This NEW programme has been redeveloped to ensure that it is current and up to date. The course is an excellent source of information for those new to Autism or for those requiring a little more in-depth knowledge. Parent carers and the facilitators will learn and collaborate together. The programme is free of charge to families of children in West Sussex maintained schools and academies, at this time.

Course aims:

- to give a broad and balanced and positive view of how autism and social communication differences may impact on the child/young person's life and that of the family.
- to explore key practical strategies that can support autistic children.
- to provide a forum for families to share their experiences and expertise together.

Course outline:

The six sessions will be focused on both theoretical and practical aspects of autism and the resulting strengths and challenges. These recorded sessions can be watched when convenient to the family, followed by the one hour weekly group meeting. This provides opportunity to participate in discussions and ask questions via an online platform. We ask that parents attend each of these weekly online discussion groups.



In order for participants to fully benefit from this course we ask that they attend **all** sessions.

Topics covered by session:

Session 1: Autism Acceptance

Develop understanding of autism, discuss experiences of getting a diagnosis and identify how autism can affect families.

Session 2: Communication

Develop understanding of communication difficulties and strategies to improve communication and interaction skills for the autistic child/young person.

Session 3: Sensory Needs

Consider how sensory information and experiences may be processed differently by those who are autistic, share strategies to help with sensory differences.

Session 4: Anxiety

Improve understanding of the signs of distress that autistic young people may display and consider approaches to support self-regulation.

Session 5: Social Thinking and Masking

Explore the differences autistic young people may have with socialising and developing relationships. Look at ways to develop social thinking, explore the idea and impact of masking.

Session 6: Adolescence and Independence

Consider ways to encourage independence and manage adolescence challenges including puberty, sensory impact and social differences.

Exploring Autism Welcome Video:

<https://youtu.be/JqGPImJH8Ms>

Dates:

Spring 2: Every Thursday 12-1pm from 22nd February to the 28th March 2024.

Summer: Every Thursday 6.30-7.30pm from 18th April to the 23rd May 2024.

Summer 2: Every Wednesday 1-2pm from 5th June – 10th July 2024.

Summer Holidays: 6.30-7.30pm Dates TBC

For further details please contact:

Email: ASCT@westsussex.gov.uk

Please note there are a limited number of places on this course.