

So is it for me?

There are a number of reasons why parents come along to *Cygnnet*:

- ◆ Your child has recently been diagnosed with autism and you want to learn more.
- ◆ Sensory difficulties
- ◆ The needs of your child have changed and you want to find new ways to manage the difficulties at home.
- ◆ Sleeping difficulties
- ◆ Learning to communicate with your child.
- ◆ Peer support, sharing experiences and learning from other parents.

If you are interested in this course, please talk to your school/worker/paediatrician/CAMHS worker and they will complete a referral.

Cygnnet



**For parents with children aged
5-18 that have a diagnosis of autism**

What does the course cover?

Introduction & understanding autism

This is a session to meet the facilitators and other parents, have a cup of tea and start to learn about autism.

Describing autism and parental experiences

Sensory issues

Communication

Understanding behaviour

Supporting behaviour

Question session

What are Parents Saying?

This has been the best ASD course or training I have been on. It doesn't feel at all intimidating as others do.

I have learnt so much, I'm very happy. The people I have met through the course have now become my friends and we shall be meeting up again in the future.

Very informative, a very useful course

I learnt so many things I never knew!

Another great session today, I have told my FLO how wonderful the course is and how much I've learnt about behaviour and sensory etc. I would recommend all parents with ASD children to do this