

## Evaluations

To help us to evaluate the EarlyBird programme, you will be asked to complete a brief questionnaire to tell us what you feel about each group session, each home visit and about the NAS EarlyBird programme as a whole.

## What Next

We have a self referral system. Parents can use the form below to refer to EarlyBird or contact us on the details given to express an interest.

.....Tear off slip.....

<p>Your local EarlyBird Team is:</p> <p>Thanet - Alison Pickering &amp; Paula Wakefield</p> <p>Canterbury - Alison Goodsell</p>
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Names of Professionals involved with your child:  
(e.g Paediatrician, Keyworker, SALT, Specialist Teacher)

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Any other information:-

Parent/Carer signature..... Date: .....

**Return to:**  
Children's Therapies Team  
Greenbanks. Westfield Road, Garlinge, Margate, Kent, CT9 5PA  
kcht.thanetadmin@nhs.net



## EARLYBIRD PROGRAMME—GENERAL INFORMATION

The National Autistic Society (NAS) EarlyBird programme is for families of a pre-school child with a diagnosis of an autistic spectrum disorder.

Two parents or carers from each family may attend the three month programme.

The EarlyBird programme works with between four and six families at a time and encourages parents to share ideas and experiences whilst problem solving together.



### What are the aims of the programme?

- To empower families
- To help establish good practice in these very important early years of development

The NAS EarlyBird programme lasts for three months and involves families in a weekly commitment to a two and a half hour group training session or a home visit and to on-going work with their child at home during the programme.

## Home visits

These are carried out by your local EarlyBird facilitators. A time is arranged when parents or carers and child are at home. Home visits usually last for approximately one hour and are informal.

During the pre-programme home visit we will get to know you and your child. We will answer any questions you may have about the forthcoming programme.

During the programme there will be two further home visits. These provide an opportunity where we can discuss the course, answer your questions and personalise the course content. We will help you to evaluate how you are working with your child and how to develop future activities. This is a positive and valuable part of the course.



## Group Sessions

There will be eight group sessions where between four and six families meet together.

Drinks and biscuits will be provided.

**Remember:** this is a session for parents/carers only, we do not have child care facilities at the venue.

During the sessions we will look at three main subject areas:

- Understanding your child's autism
- Structuring interactions in which communication can develop
- Understanding and supporting your child's behaviour

The sessions will include teaching, small group work, discussion and a chance to share ideas.



An EarlyBird parent book will be provided on the first session and is used throughout the programme. At the end of each session you will be given some 'homework'. This may be to read a section of the parent book or to plan and develop a short activity.

.....Tear off slip .....

## NAS EarlyBird Parent Programme REFERRAL FORM

Name of Child.....

Date of Birth .....

Parent/Carer Name(s) .....

Address .....

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Tel/mobile no.....

Email address.....

Date of Diagnosis .....