



## **PARENTING SUPPORT PROGRAMME FOR PARENTS OF CHILDREN DIAGNOSED WITH AUTISTIC SPECTRUM CONDITION (ASC) OR ON THE ASC PATHWAY**

This course is aimed specifically at supporting parents and carers whose children are verbal and have social communication difficulties including Autistic Spectrum Conditions. The training is presented informally and provides an opportunity to better understand Autistic Spectrum Conditions. It offers practical strategies that you can implement at home, provides a chance to meet others in a similar position and to share valuable experiences.

**This course is provided by NHS South Cheshire CCG & NHS Vale Royal CCG. This is a FREE EIGHT session workshop for parents/carers of verbal children diagnosed with ASC or on the ASC pathway and either parents/child must be registered with a GP in NHS Vale Royal or NHS South Cheshire (details will be required at time of booking).**

The course will run online over 8 sessions from 9.30am – 11.45am on:

Thursday, 12<sup>th</sup> November  
Thursday, 19<sup>th</sup> November  
Thursday, 26<sup>th</sup> November  
Thursday, 3<sup>rd</sup> December  
Thursday, 10<sup>th</sup> December  
Thursday, 7<sup>th</sup> January  
Thursday, 14<sup>th</sup> January  
Thursday, 21<sup>st</sup> January

Does your child struggle with any or all of the following?

- focussing their attention or understanding of what others say
- understanding their own emotions and being able to control their feelings or behaviour
- understanding others' body language and non-verbal communication
- having conversations with other children or adults
- knowing what others are thinking and feeling

Would you like to learn some practical tips and ideas about ways you can help them at home with some of these difficulties?

The course is designed for parents of children who are verbal and experience social communication difficulties including those children with Autistic Spectrum Disorder (ASD). The course covers:

- What is involved in communication and what aspects do children with social communication difficulties particularly struggle with.
- Ways to help your child communicate more effectively
- How you can use physical and visual structure at home to support your child's understanding and reduce anxiety

- How to develop your child's listening and understanding
- How to support your child's interaction with peers and other adults
- How to understand and support your child's behaviour more effectively
- How to support your child with sensory issues

The course is relaxed and informal and provides a chance to chat to other parents in a similar position and to share valuable experiences and ideas.

The course will be delivered by an experienced Speech and Language Therapist. The course will be run online and places are limited.

BOOKING IS REQUIRED – places are limited. Booking can be made by calling 01244 678629, emailing [admin@birdcharity.org.uk](mailto:admin@birdcharity.org.uk) or online through Eventbrite

<https://www.eventbrite.co.uk/e/autism-course-tickets-126043919757>