

It is in the interest of parent carers that they attend all sessions to ensure they achieve the best outcome from the course for their family. If parents are offered a place but can not attend, another date will be offered when available.

There is currently approximately 9 months between referral and offer of a course due to demand. There are no childcare facilities for pre-school children unfortunately.

Places allocated via the referral form available by contacting 07873818153 or cygnetsnorthlancs@gmail.com or via the webpage www.northlancsdirectionsgroup.com/cygnets

Other courses available are :

- **Supporting Siblings**
- **Puberty, Sexual Wellbeing & Relationships**
(for parents/carers of children with ASC aged 9-18)

Course produced by

Area delivery funded by



Core Parenting Programme



Core Programme

Week One: Autism and Diagnosis

- Introduction to Autistic Spectrum Conditions
- What is it like to be Autistic plus videos
- Experience of diagnosis. Parent's perspectives.

Week Two: Communication

- Questions about communication
- Communication in ASC's. Expressing and receiving language.
- Strategies
- Resources - visual supports, social stories and comic strips.

Week Three: Sensory Issues

- What are the senses?
- How do the senses work?
- What can happen with people with ASC?
- Strategies for ASC sensory issues.

Week Four: Understanding Behaviour

- Understanding human behaviour
- Understanding Autistic behaviour
- What are the main difficulties in ASC?
- Understanding the Iceberg Principle
- Assessing behaviour

Week Five: Managing Behaviour

- Initial things to consider
- STAR analysis
- Strategies
- Key principles

Week Six (dependent on school holidays. If not delivered as a separate week, information will be shared during previous sessions)

- Local groups and activities
- Contacts and support services
- Lancashire County Council services and local offer
- Invited guest speaker