

BELS Autism Parent/Carer programme (0-6yrs)



Professionals and parents will deliver modules designed to increase your knowledge and skills with understanding autism and using practical strategies to support your child.

The criteria for accessing the programme:

- Barnet Resident
- Child has a diagnosis of autism
- Child is 0-6 years old

To book [CLICK HERE](#) or scan QR code



Location:

Morning sessions 10:00-11:30 on ZOOM (link to be sent before sessions)

Afternoon sessions 1:00-2:30 in person at Bell Lane Primary School, NW4 2AS

Parking available on surrounding streets
13 minute walk from Hendon Central underground.

Programme Content

1. Introduction to Autism

- What is autism?
- Autism and early education.
- Autism voice.
- Strategies for support.

Professionals: BEAM

Wednesday 26th April 2023

Live ZOOM session- 10am-11:30am

In-person session- 1:00pm-2:30pm



2. Understanding Sensory Processing

- Understanding of our 5 senses and 3 hidden senses.
- Practical strategies to promote alertness and calm.

Professionals: Occupational Therapist

Wednesday May 3rd 2023

Live ZOOM session- 10am-11:30am

In-person session- 1:00pm-2:30pm



3. Eating and Drinking Difficulties

- Understanding of development of eating and drinking skills.
- Practical strategies to use at home.

Professionals: Occupational Therapist & Speech Therapist

Wednesday 10th May 2023

Live ZOOM session- 10am-11:30am

In-person session- 1:00pm-2:30pm



4. Emotional Regulation and Promoting Predictability

- Use of visuals and other strategies for setting up routines in the home and managing changes and transitions.
- Enhancing predictability as a way to support emotional regulation.

Professionals: BEAM

Wednesday 17th May 2023

Live ZOOM session- 10am-11:30am

In-person session- 1:00pm-2:30pm



5. Toileting

- Understanding of development of toileting skills.
- Strategies for promoting using the toilet at home.

Professionals: BEAM & Parent

Wednesday 24th May 2023

Live ZOOM session- 10am-11:30am

In-person session- 1:00pm-2:30pm



6. Promoting Communication

- Development of speech, language, and communication.
- Strategies for promoting this in the home.

Professionals: Speech Therapist

Wednesday 7th June

Live ZOOM session- 10am-11:30am

In-person session- 1:00pm-2:30pm



7. Sleep

- Understanding how to improve sleep.
- Practical strategies to promote good bedtime routines.

Professionals: BEAM + parent

Wednesday 14th June 2023

Live ZOOM session- 10am-11:30am

In-person session- 1:00pm-2:30pm



8. Understanding Education Health and Care Plans

- What is an EHCP?
- How can an EHCP help my child?
- How long this process takes?
- Who can help?

Professionals: SENDIASS

Wednesday 21st June 2023

Live ZOOM session- 10am-11:30am

In-person session- 1:00pm-2:30pm

