

# 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  
in person at Hendon Town Hall,  
The Burroughs, NW4 4BG

\*\*please note no in-person session May 7<sup>th</sup>\*\*

Afternoon sessions 13:00-14:30  
on ZOOM (link to be sent before sessions)



## Programme Content

### 1. Introduction to Autism

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

Professionals: BEAM

Monday April 15<sup>th</sup> 2024

In-person session- 10:00am-11:30am

Live ZOOM session- 1pm-2.30pm



### 2. Emotional Regulation and Promoting Predictability

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

Professionals: BEAM + parent

Monday April 22<sup>nd</sup> 2024

In-person session- 10:00am-11:30am

Live ZOOM session- 1pm-2.30pm



### 3. Sleep

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

Professionals: BEAM + parent

Monday April 29<sup>th</sup> 2024

In-person session- 10:00am-11:30am

Live ZOOM session- 1pm-2.30pm



### 4. Eating and Drinking Difficulties

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

Professionals: Occupational Therapist & Speech Therapist

TUESDAY May 7<sup>th</sup> 2024

NO MORNING SESSION

Live ZOOM session- 1pm-2.30pm



### 5. 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

Monday 13<sup>th</sup> May 2024

In-person session - 10:00am-11:30am

Live ZOOM session- 1pm-2.30pm



### 6. Promoting Communication

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

Professionals: Speech Therapist

Monday 20<sup>th</sup> May 2024

In-person session - 10:00am-11:30am

Live ZOOM session- 1pm-2.30pm



### 7. Toileting

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

Professionals: BEAM & parent

Monday 3<sup>rd</sup> June 2024

In-person session- 10:00am-11:30am

Live ZOOM session- 1pm-2.30pm



### 8. Understanding Sensory Processing

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

Professionals: Occupational Therapist

Monday 10<sup>th</sup> June 2024

In-person session- 10:00am-11:30am

Live ZOOM session- 1pm-2.30pm

