

INFORMATION: Living with Autism Programme for Parents and Carers of P5, P6 and P7 Children with Autism Spectrum Disorder

Who is it for?

Parents and Carers of P5, P6 and P7 Children with Autism Spectrum Disorder. Children do not attend the group.

When does it run?

The programme runs for 8 weeks in the Summer term. There will be an evening and a day programme which parents can choose to attend.

- **Orientation Session** (19th March)
- **Session 1-4:** Understanding specific symptoms
- **Session 5-7:** Looking at specific behaviors my child has and helpful strategies.
- **Session 8:** Reviewing Behavior plan and what's next

Do I have to go to all the sessions?

Yes, if you want to sign up, we ask that you attend all sessions

Where is it?

The evening course will be held at:
East Neighbourhood Centre
101 Niddrie Mains Road
Edinburgh, EH16 4DS

The daytime course will be held at:
Pennywell Health Centre, Craigmoyston

How many people will be there?

There is space for a minimum of 5 and a maximum of 12 families on each course. One or two parents/ carers per child can attend.

There are 2-3 trainers each evening

What will we learn?

By the end of the course for parents and carers, it is hoped that participants will be able to:

- Better understand how children with autism perceive the world
- Identify possible reasons for the behaviours we see in autism
- Apply this knowledge and understanding to address specific behaviours with their own child
- Use a systematic approach to think through possible reasons for specific behaviours
- Formulate plans to support their child to develop positive behaviours

What topics are discussed?

We focus on issues raised by the group and commonly discuss:

- Developing social skills and communication skills
- Tantrums aggression and frustration
- Feeding
- Toileting
- Sleeping
- Preoccupations
- Compulsions routines and rituals
- Mannerisms and repetitive movements
- Fears about the future

**Group Facilitators are: Marion Rutherford and Fiona Calder
Mo Chauraya and Alastair Roberts**