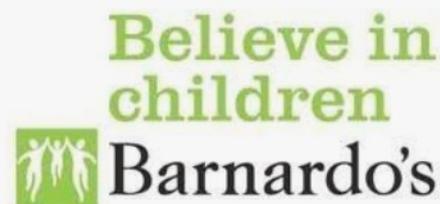


Barnardo's Cygnet Core Programme: Support for parents with children on the autistic spectrum.



Parents of children on the autistic spectrum face the usual positive and difficult challenges of parenting and quite a few more. After a diagnosis, parents and carers can have a lot of questions and may feel isolated in managing their child's needs. Barnardo's, with the support of young people, parents and other agencies, have created their own programme to provide families with information about autism and its management, including the support available on an ongoing basis suitable for the child and young person's needs and developmental level.

Programme Approach

Cygnet acknowledges parents as the experts when it comes to their own children. No-one knows a child as well as a parent, however a child on the autistic spectrum will present with additional challenges and families may feel there are not many places to go for advice and support. Cygnet can fill this gap by;

- Building on parents' knowledge of their child and their positive care experiences.
- Using available knowledge on autism and behaviour management techniques.
- Presenting programmes in a relaxed and varied format with practical applications.
- Developing a mutually supportive environment where parents can share advice and experiences.

Cygnet is a **6 week programme** that provides a mixture of information to read, activities to complete, questions to reflect upon, links to sources of further information and handouts to keep that summarise some of the key learning points.

The course covers;

- **Understanding Autism**
- **Sensory Needs**
- **Communication**
- **Understanding behaviour**
- **Supporting behaviour**

The programme is for parents whose children are **aged 4-18 years**. Courses are run three times a year at Fosse Way School and First Steps Nursery. Each session is 2 hours long. **In light of Covid-19, sessions are currently run online** and each parent will have weekly contact from a member of the ASD Support Service.

If you are interested please download a booking form from the Rainbow Resource <https://www.rainbowresource.org.uk/> and email to ASDSS@fossewayschool.com

Your child must have confirmed diagnosis of Autism for you to attend.
Childcare is NOT provided, we ask that parents make their own arrangements.

ASD Support Service

Fosse Way School

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www.fossewayschool.co.uk

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