



Cygnets Programme Information

This programme is designed for parents and carers of children and young people aged 8-13 with autism. The programme is designed to:

- increase parents understanding of autistic spectrum conditions
- help parents develop their knowledge on how a child with autism experiences the world and what drives their behaviour
- guide parents through practical strategies they can use with children
- direct parents to relevant resources
- give parents the opportunity to meet with other parents who have had similar experiences and to gain support and learn from each other

This is a **core** Cygnets programme which is delivered over six sessions (plus a sleep workshop), each lasting typically three hours, and which sequentially work towards behaviour management, covering a number of topics:

- Autism and diagnosis
- Communication
- Sensory Issues
- Understanding behaviour
- Managing behaviour
- Choice of topic decided by parents/carers.

The programme will be delivered by trainers who have experience in working with children/ young people with Autism and will take place on the following dates: 14th, 21st and 28th of April and the 5th, 12th 19th and 26th May 2016 from 9.30 to 12.30am.

As you will gain a lot more from regularly coming to the group and each session builds upon the one before, it is important that you commit to the whole course. If you are unable to do so this time round, we look forward to seeing you at the next one!!!

Places will only be offered to families with children/ young people who attend a school in Thanet and who have a diagnosis of Autism.

**For more information and to book a place, please contact:
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