

# 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:**




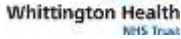


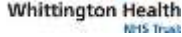



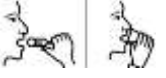






Morning sessions 10:00-11:30  
in person at Hendon Town Hall,  
The Burroughs, NW4 4BG

**\*\*please note no in-person sessions 28<sup>th</sup> February or 6<sup>th</sup> March\*\***

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



## Programme Content

<p><b>1. Introduction to Autism</b></p> <ul style="list-style-type: none"> <li>• What is autism?</li> <li>• Autism and early education.</li> <li>• Autistic voice.</li> <li>• Strategies for support.</li> </ul> <p><b>Professionals:</b> BEAM <b>Wednesday 17<sup>th</sup> January 2024</b> <b>In-person session- 10:00am-11:30am</b> <b>Live ZOOM session- 1pm-2.30pm</b></p>  	<p><b>2. Understanding Sensory Processing</b></p> <ul style="list-style-type: none"> <li>• Understanding of our 5 senses and 3 hidden senses.</li> <li>• Practical strategies to promote alertness and calm.</li> </ul> <p><b>Professionals:</b> Occupational Therapist <b>Wednesday 31<sup>st</sup> January 2024</b> <b>In-person session- 10:00am-11:30am</b> <b>Live ZOOM session- 1pm-2.30pm</b></p>   
<p><b>3. Promoting Communication</b></p> <ul style="list-style-type: none"> <li>• Development of speech, language, and communication.</li> <li>• Strategies for promoting this in the home.</li> </ul> <p><b>Professionals:</b> Speech Therapist <b>Wednesday 7<sup>th</sup> February 2024</b> <b>In-person session- 10:00am-11:30am</b> <b>Live ZOOM session- 1pm-2.30pm</b></p>   	<p><b>4. Eating and Drinking Difficulties</b></p> <ul style="list-style-type: none"> <li>• Understanding of development of eating and drinking skills.</li> <li>• Practical strategies to use at home.</li> </ul> <p><b>Professionals:</b> Occupational Therapist &amp; Speech Therapist <b>Wednesday 21<sup>st</sup> February 2024</b> <b>In-person session- 10:00am-11:30am</b> <b>Live ZOOM session- 1pm-2.30pm</b></p>   
<p><b>5. Emotional Regulation and Promoting Predictability</b></p> <ul style="list-style-type: none"> <li>• Use of visuals and other strategies for setting up routines in the home, managing changes and transitions.</li> <li>• Enhancing predictability as a way to support emotional regulation.</li> </ul> <p><b>Professionals:</b> BEAM &amp; parent <b>Wednesday 28<sup>th</sup> February 2024</b> <b>ZOOM (not in-person this week) - 10:00am-11:30am</b> <b>Live ZOOM session- 1pm-2.30pm</b></p>  	<p><b>6. Toileting</b></p> <ul style="list-style-type: none"> <li>• Understanding of development of toileting skills.</li> <li>• Strategies for promoting using the toilet at home.</li> </ul> <p><b>Professionals:</b> BEAM &amp; parent <b>Wednesday 6<sup>th</sup> March 2024</b> <b>ZOOM (not in-person this week) - 10:00am-11:30am</b> <b>Live ZOOM session- 1pm-2.30pm</b></p>  
<p><b>7. Sleep</b></p> <ul style="list-style-type: none"> <li>• Understanding how to improve sleep.</li> <li>• Practical strategies to promote good bedtime routines.</li> </ul> <p><b>Professionals:</b> BEAM &amp; parent <b>Wednesday 13<sup>th</sup> March 2024</b> <b>In-person session- 10:00am-11:30am</b> <b>Live ZOOM session- 1pm-2.30pm</b></p>  	<p><b>8. Understanding Education Health and Care Plans</b></p> <ul style="list-style-type: none"> <li>• What is an EHCP?</li> <li>• How can an EHCP help my child?</li> <li>• How long this process takes?</li> <li>• Who can help?</li> </ul> <p><b>Professionals:</b> SENDIASS <b>Wednesday 20<sup>th</sup> March 2024</b> <b>In-person session- 10:00am-11:30am</b> <b>Live ZOOM session- 1pm-2.30pm</b></p> 