# Autism Advisory Team:
# Parent/Carer Virtual Seminar

BELS Barnet Education & Learning Service

## BELS Advisory Team for Autistic Children and Young People

Are very pleased to welcome Autistic guest speaker:

**Dr Pooky Knightsmith**

**Understanding and Supporting Children Who Mask**

***For parents and carers of autistic children who hold it all together at school***

Your child manages the whole school day, then falls apart the moment they're home with you. That isn't you doing something wrong, it's what happens when a child finally reaches the person, they feel safest with. This session is for parents and carers of autistic children who mask, and it's mostly about home: why the evenings look like they do, the quiet signs that come long before a crisis, and the small changes that take the pressure off. You'll also get words that help school see the same child you see.

You'll come away able to:

- Plan the first hour after school so it costs everyone less
- Know what to say, and what to leave unsaid, when the mask comes off
- Spot the quiet signs before things reach crisis
- Let go of the demands that aren't earning their place
- Describe what you see at home, so school takes it seriously
- Tell when masking is doing a job, and when it's doing harm

The online talk (or recording) is free, but it is essential that parents/carers/staff register.

**Where:** Online via Zoom

**When**: Tuesday 20th October 10-11am

Or recording of the talk: Wednesday 21st October at 6-7pm

Please register for one date only.

**Link & QR to sign-up below:**

**Dr Pooky Knightsmith on Understanding & Supporting Children Who Mask, October 2026 – Fill in form**

Any questions please email: Autism.Team@Barnet.gov.uk