

BEING A PARENT- AUTISM

A COURSE FOR PARENTS/CARERS, DELIVERED BY LOCAL PARENTS. COME TOGETHER TO SHARE YOUR IDEAS AND EXPERIENCES WITH PARENTS WHOSE FAMILIES ARE ALSO AFFECTED BY AUTISM

This evidence-based programme provides enjoyable and effective parenting strategies where you can learn from others who are meeting similar day to day challenges and share your positive ideas.

BAP-Autism helps to support your child's development, reduces family stresses and improves parental confidence when you are out and about in the community.

- Learn how to encourage good behaviours and how to share more fun times together.
- Learn strategies to support changes with your child's behaviours which helps to build happier relationships and reduce those everyday family stresses.
- Learn positive strategies to create a happier parent child relationship.
- Ideas on setting routines and family rules at home
- It promotes self-care showing that there is no such thing as a 'perfect parent' and that your Good Enough is truly Good Enough.

**FOR PARENTS OR CARERS OF CHILDREN AND YOUNG ADULTS AGED 2-19 YEARS
COURSE LENGTH- 10 WEEKS, 2.5 HRS PER WEEK**

Contact your local
Family Hub To
book your place

