

UNLOCKING THE POTENTIAL OF CHILDREN WITH AUTISM

GETTING STARTED.....

A programme of Free Parent workshops offering expert advice, guidance and support to families and carers of young children with a diagnosis of autism or Asperger syndrome.

The seven interactive workshops not only look into the 'whys' and 'wherefores' of autism, but also give you practical advice and ideas on how to support your child in developing all of those all important life skills – especially if they are about to start, or have already started nursery or primary school.

The workshops are delivered by Eagle House experts, who have many years' experience in working with young children. The multidisciplinary team of Speech and Language Therapists, Occupational Therapists and Behaviour Specialists share their experience and expertise to provide practical and fun strategies for families to use at home.

Each stand-alone workshop uses demonstration and video footage, looking at how to help you in the areas that you find most challenging. They will give you the confidence you need to not only support your child, but also to have fun together in your own home. It is also a great opportunity to meet other parents/carers to share experience and advice.

GETTING STARTED WORKSHOPS 2019 – 2020

Wednesday mornings 10.00 am- 12.00 pm at Eagle House School (Mitcham)

- **GETTING ATTENTION TO LEARN EVERYDAY SKILLS** – Wednesday 9th October
Our Speech and Language Therapy team will give you ideas on how to get your child's focus engaged so they are ready to listen and to learn
- **BEGINNING COMMUNICATION AND MAKING IT MATTER** – Wednesday 6th November
Our Speech and Language therapists offer guidance on how to build communication skills to help our children understand and be understood and also how modifying your own communication can help
- **MAKING SENSE OF THE WORLD** – Wednesday 4th December
Looking at how your child's sensory issues can impact on their daily life preventing them from enjoying many daily experiences. Our Occupational Therapy team will offer practical tips on how to help them cope with their environment.

- **SETTING THE BOUNDARIES** – Wednesday 8th January
With difficulties in communication and understanding, children with autism can resort to behaviour that is hard to understand or control. Our Behaviour Support Specialist guides parents on how to manage behaviour and support the child as they struggle to understand the world around them.
- **WINNING THE MEAL TIME BATTLE** – Wednesday 12th February
Understanding the issues with food – from fussy to over eaters, our Occupational Therapist will talk through strategies and how creating a ‘food programme’ can take the stress out of mealtimes.
- **LEARNING THROUGH PLAY** – Wednesday 11th March
Our Speech and Language Team look at how build the foundation for learning through play. By creating exciting home activities that will motivate your child to have fun and learn new skills at the same time.
- **BUILDING INDEPENDENCE TO HELP THEMSELVES** – Wednesday 6th May
Our self-help session led by our Occupational Therapy team will look at the nitty-gritty areas of toileting, personal hygiene, tolerating tooth brushing to nail cutting. Offering practical solutions to increase our children’s independence at home.
- **NAVIGATING THE SPECIAL NEEDS MAZE** - Wednesday 10th June
Led by our Parent Liaison Officer and Family Support Officer, this session will look at the steps to getting the help and support you need for you and your child. There will be a discussion around EHCPs and school application, and information on what support services may be available for you.

All workshops are free and aimed at families with children in Early Years and Primary school. They will be held on Wednesday Mornings 10.00 am- 12.00 pm at Eagle House School, Mitcham.

*Eagle House School (Mitcham) is situated at 224 London Road, Mitcham, CR4 3 HD (although Sat navs tend to work better with the postcode CR4 3HB). The school is a large listed building set back from the main road behind blue railings. If you are coming by public transport there is either the mainline train from Victoria to Mitcham Eastfield station which is a short walk (5-10 minutes) to Eagle House. There are regular bus services to the school from Tooting, Croydon or Sutton with the Downe Road/Mitcham library stop immediately opposite the school. **Unfortunately we cannot provide on-site parking**, however there are car parks nearby at Morrisons and also the Sibthorpe Road car park and the Elm Nursery car park are both easy walking distance to the school.*

If you are interested in these workshops and want to book a place, or even just want some further information please contact our Parent Liaison Officer, Adele either by phone; 0208 770 7788 or email; adele.wadey@eaglehousegroup.co.uk