



# EMPOWERING PARENTS, EMPOWERING COMMUNITIES

## The 'Being a Parent - Autism' Online course

### What is EPEC?

Empowering Parents, Empowering Communities Being A Parent - living with Autism Course is a free, volunteer-led, evidence-based parenting programme



Each session is delivered by two Parent Group Leaders (PGLs) who have received 60+ hours training to deliver EPEC courses and have **lived experience** of Autism.

Our sessions empower parents to share experiences, learn new skills and practice these alongside other parents, who are facing similar circumstances.

### Who is it suitable for?

If your child has a diagnosis, is awaiting assessment or you would like to know more about neurodivergence, this course is for you.

Our course offers support to parents, helping them to learn more about Autism as well as to improve the coordination of their children's care. Along with helping parents to manage behavioural difficulties experienced by their child



The course gives lots of opportunity for discussion around shared experiences in an accepting and supportive environment.

### Course Content

#### Week 1.

Introductions/ Our ASC Child. Goal Setting/ Motivators

#### Week 2.

Good enough parent/ ASC traits/ Child-led play

#### Week 3.

Acknowledging and accepting feelings/ Expressing feelings/ Being prepared for change

#### Week 4.

Using child led playtime and praise to promote positive behaviours/ Describing behaviours/ Saying what we see

#### Week 5.

Needs behind behaviour/ Understanding behaviour/ Sensory processing difficulties

#### Week 6.

Raising self esteem using descriptive praise/ Coping with change and being flexible/ Using schedules and visual timetables/ Routines

#### Week 7.

Tangible rewards/ Listening: Non-verbal communication/ Setting boundaries and using positive discipline

#### Week 8.

Effective discipline/ Ignoring/ Using clear commands/ Soft 'no'/ Parenting styles

#### Week 9.

Using 'contracts' or agreed consequences to manage behaviour/ 1,2,3 Magic/ Active listening

#### Week 10.

Listening skills/ Stress management/ Reviewing course and goals/ Ending celebrations

### How is it delivered?

Being a Parent - Autism - Online via Microsoft teams

Every Wednesday 9.30am - 12pm

Beginning on Wednesday 26th April until the 5th July 2023

There will be no session in half term



For more information or a place contact Elise Bottomley - EPEC Hub Coordinator - [elise.bottomley@nottsc.gov.uk](mailto:elise.bottomley@nottsc.gov.uk)