

The EarlyBird Programme is an autism-specific early intervention programme, which does not offer a cure BUT does offer parents hope to help their child reach his/her fullest potential.

Parents meet with and work with other parents of young children with autism.

Here are some quotes from local Darlington families that have attended EarlyBird programmes.

"It changed our lives dramatically for the better. Our bond is stronger" - parent

"It's helpful to be around people who understand" - parent

"This is an amazing course which has helped us more than we'd of thought" - parent

The next Information meeting will be held on **29th January at 1:30pm**

The next Course will run from **26th February until 20th May 2020**

The session will be on a Wednesday 1pm—3:30pm

To book a place please ring or email your local EarlyBird Team.

Your Local EarlyBird Team is:

Lead officer: Lorraine Cook

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**National
Autistic
Society**



EarlyBird Programme

A three-month programme for parents/carers of children under 5 with an autism spectrum disorder.

The National Autistic Society is the U.K's leading charity for people affected by autism. Website: www.autism.org.uk

What is the EarlyBird programme?

EarlyBird is a support programme for parents and carers, offering advice and guidance on strategies and approaches for dealing with young autistic children. The programme works on understanding Autism, building confidence to encourage interaction and communication and analysing and managing behavior.



Who can attend the programme?

The programme is for families of a child under 5 with a diagnosis of Autism Spectrum Disorder or on the ASD pathway with a diagnosis the likely outcome.

Who runs the programme?

The programme is run by local professionals with experience and understanding of autism spectrum disorders



What are the Aims of the programme?

The programme aims to support parents in the period between diagnosis and starting school placement, empowering and helping them to establish good practice and pre-empt those unwanted behaviours

“Whilst there is no magic wand EarlyBird is the closest you could wish” - parent.

What we will learn about?

It will help you understand your child's autism; get yourself into your child's world, make contact, and find ways to develop interaction and communication; and learn how to analyse and understand your child's behaviours and how to use structure, so you can pre-empt and cope with problem behaviours.

When and where are the sessions held?

We work with six families at a time. Two places are allocated to each family. The programme lasts for three months and combines group training sessions with individual home visits, when video feedback is used to help parents apply what they've learnt. Parents will have a weekly commitment of a two-and-a-half hour training session or home visit, and to ongoing work with their child at home.

“The knowledge we have gained has given us more confidence to analyse problems and hopefully prevent them rather than lurching from one crisis to another” - parent.