

Here are some quotes from families and professionals that have attended the EarlyBird programme.

"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

I would highly recommend this course for practitioners. I attended as a SENCO and found it advantageous. I could see practitioners working everyday with children would benefit immensely from this opportunity to build their skills with the children. Also to enable them to support the children's families including future families giving the practitioners invaluable skills and knowledge. — Nursery Professional

To find out more information and join our waiting list please ring or email your local EarlyBird Team.

Your Local EarlyBird Team is:

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**National
Autistic
Society**



DARLINGTON
Borough Council



EarlyBird Programme

EarlyBird is for parents of a child up to six years.

Who has either received a diagnosis of autism or who is displaying common autistic traits/characteristics which professionals believe may lead to a diagnosis of ASD.

The National Autistic Society is the U.K's leading charity for autistic people and their families.. Website: www.autism.org.uk

What is the EarlyBird programme?

The EarlyBird Programme is a supportive 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 characteristics and professionals working with an 'autistic child'

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



Who can attend the programme?

Every family will be offered 2 places and each programme supports between 2 & 8 families. Parents/carers are also encouraged to invite a supporting professional of their choice to attend the sessions with them. This is to promote a consistent approach across settings e.g. home and nursery/school. This can be a professional from any setting from a nursery practitioner/Teaching assistant to a swim coach.



What are the Aims of the programme?

The programme aims to empower parents and supporting professionals to understand more about autism and discuss useful strategies on how to support autistic children through their early childhood. It also gives you the opportunity to be around other parents/professionals in a similar situation and we encourage friendships and support within the group.

What we will learn about?

The programme is delivered over 6 sessions. The six session programme covers.

1. Understanding autism
2. Communication
3. Understanding autistic experiences
4. Supporting daily living
5. Health & wellbeing
6. Connections

Every session includes discussion and participation, during which parents are encouraged to consider how the supportive approaches discussed could be used to support their child. The programme uses video footage of autistic individuals to support the sessions. Each session is 2.5 hours in length.

When and where are the sessions held?

Sessions are held at Eastbourne Sports Complex, Bourne Avenue, Darlington. For dates and times contact your local team.

"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.