

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

"EarlyBird Plus is an absolute must to help you begin to learn and understand how your child's mind works" - Parent.

"Having the opportunity to discuss things with both his parents and other school staff was invaluable" - 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 Plus Programme

EarlyBird Plus is for parents whose child is between the ages of five and ten. 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 Plus programme?

The EarlyBird Plus 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'



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 school. This can be a professional from any setting from a Teaching assistant to a swim coach.

Who runs the programme?

The programme is run by local professionals with experience and understanding of autism who have all been trained at The National Autistic Society.



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.