

EarlyBird

A Parenting Support Programme
for Parents and Carers of Children
aged 2 - 5 with Autism





What is EarlyBird?

The EarlyBird Parenting Programme supports parents and carers of pre-school children aged 2-5 years with a diagnosis of autism.

The programme aims to support families to:

- understand autism
- understand and support sensory differences
- develop communication
- support and develop Interaction
- understand and develop play
- understand and Interpret behaviour
- support behaviour

The programme is delivered by Early Years professionals from Gateshead Council's High Incidence Needs Team (HINT) in two-hour session on mornings over eight weeks. There is a shorter introductory session.

Is EarlyBird for me?

This programme is for parents and carers of children who have received a **diagnosis of Autism**.

After a diagnosis, parents and carers can have a lot of questions about autism and may feel isolated in managing their child's needs. Attending EarlyBird gives parents and carers an opportunity to develop their understanding of autism and look at practical solutions to managing behaviour. It also provides an opportunity to meet other people in a similar position and hear about their experiences in an informal but supportive atmosphere.

Do I have to attend all the sessions?

Yes. You will gain a lot more from coming to the group if you come to all sessions. This is because each session builds on the one before. Please do not accept an EarlyBird place if you are not able to commit to attend ALL sessions.

How do I get on a course and when do they run?

Parents and carers should self-refer by completing the referral form on the back page of this leaflet and returning it by post or email.

Please note: we do not release the dates for forthcoming courses until we have enough participants to go ahead. The courses run at least every term and are arranged according to demand. Families will receive an acknowledgement upon receipt of their application with further details and dates to follow.

Can professionals refer families to this programme?

We believe that parents/carers themselves are best placed to decide if and when a parenting course is right for them which is why we ask parents/carers to self-refer.

How can I find out more information?

Please telephone 0191 433 8556.

What do past attendees think about EarlyBird?

"I have learned about behaviours and how to deal with them and why they happen."

"Be open minded. Small changes can make a big difference. It's so nice to meet other people going through the same things and sharing tips is so valuable."

"I've learned to be patient with meltdowns and to predict what triggers them and then deal with them."

"The EarlyBird programme is very good to attend because you learn a lot of stuff. It helps you understand about Autism what the child would think and how they behave and why... most importantly you get to meet other people that are going through the same things. You are not alone."

"I would recommend the course 100% to anyone with an autistic child. I've already started telling all my autism mammy and daddy friends."

"It is very informative and will help you with every aspect of your child's life."

EarlyBird Referral Form

Name of Child: Child's Date of Birth:

Child's Gender: Child's Ethnicity:

Date of Autism Diagnosis:

Who provided the Autism Diagnosis:

Name of Parent or Carer:

Address:

Contact Number:

Contact Email:

Preferred Method of Contact:

I have read and understood the information provided about EarlyBird.

My child has a diagnosis of Autism.

I understand the information recorded on this form will be stored and used only for the purpose of providing a service with regards to the child for whom I have parental responsibility and for monitoring purposes.

Signed:

Date:

What Happens Next?

Please send your completed form by post or email to the High Incidence Needs Team at Gateshead Council.

Email: hintenquiries@gateshead.gov.uk

By post: High Incidence Needs Team
Education, Schools and Inclusion
Floor 2 Civic Centre
Regent Street
Gateshead
NE8 1HH