

# BEING A PARENT- AUTISM

A COURSE FOR PARENTS/CARERS, DELIVERED BY LOCAL PARENTS

COME TOGETHER TO SHARE YOUR IDEAS AND EXPERIENCES WITH PARENTS WHOSE FAMILIES ARE ALSO AFFECTED BY AUTISM

**BAP-Autism helps to reduce family stresses and improves parental confidence.**

- ❁ Learn how to encourage good behaviours and how to share more fun times together.
- ❁ Learn strategies to support changes with your child's behaviours which helps to reduce those everyday family stresses.
- ❁ It promotes self-care showing that there is no such thing as a 'perfect parent' and that your Good Enough is truly Good Enough.

FOR PARENTS OR CARERS OF CHILDREN  
AGED 2-11 YEARS  
COURSE LENGTH- 10 WEEKS, 2.5 HRS PER WEEK

**Venue** – Denaby Family Hub

**Dates** – Wed 17<sup>th</sup> Sept  
for 10 weeks

**Time** – 10:00am – 12:30pm

**Please call any Family Hub to register your interest.**

