# **Let’s Talk About Autism**

# **Autism Parent Training**

**Are you a parent of an autistic child aged 5 -18 years old?**

**Are you interested in attending a parenting support programme to gain greater understanding of your child’s condition?**

‘Let’s Talk About Autism’ is a Is a course aimed at parent/ carers/close/family members, delivered by professionals with expertise in the field of autism.

To be eligible to attend, you must reside in Southwark or your child attends a Southwark school.

The course consists of 7 individual sessions. These are pre-recorded sessions and they are sent each week to the participants along with additional resources. In addition, there will be one weekly live online group meeting to discuss the recorded session.

Session topics include:

***1.Neurodiversity, autism, core features***

***2.Communication and interaction differences***

***3.Sensory processing differences***

***4.Social imagination, flexibility, transitions***

***5.Anxiety / including Masking***

***6.Behaviour and emotional regulation***

***7.Talking about the autism with your child / self-advocacy***

To register your interest please sign up via this link

<https://forms.cloud.microsoft/e/mYEPYWeBq1>