

West Midlands Parent /Carer Sessions (funded by Sport Birmingham)



Resources for Autism are excited to be running FREE Parent /Carer sessions.

Sessions will be online via Zoom.

A Zoom link will be sent out to you before the session commences.

Session 1: Play and Communication

When: Tuesday 18th May, 6pm - 8pm

- New ways of engaging and connecting with your child through play
- Strategies for helping your child communicate better with you and ways you can communicate better with them
- Understanding how sensory differences could impact play and communication
- Exploring practical tools that you can take away with you and use at home with your children to help improve areas of engagements and communication.

Session 2: Promoting Positive Behaviour through Physical Activity

When: Monday 24th May, 10.30am - 12.30pm

- Understanding behaviour
- Applying theoretical and practical strategies
- Remaining objective about behaviour
- Have a better understanding of communication
- Understanding positive and negative attention
- How different activities help regulate behaviour

Session 3: Managing Anxiety

When: Thursday 10th June, 1pm - 3pm

- Sharing experiences and learning new techniques.
- What is anxiety
- Trigger situations
- Anxiety responses
- Baseline, Window of Tolerance and Emotional Regulation
- Practical strategies
- Forward planning

If you are interested in joining, please email Laky Sahota on:

lakhvir@resourcesforautism.org.uk providing:

Your Name and email address

Session details (name and date of the sessions you wish to attend)

Places are limited to 20 people, so please book early!