



A parenting support programme for parents and carers of children and young people with an autistic spectrum condition.

Parents of children on the autistic spectrum face the usual positive and difficult challenges of parenting and quite a few more. Attending Cygnets gives parents and carers an opportunity to develop their understanding of autism and look at practical solutions to support their child.

It also provides the opportunity to meet other people in a similar position and hear about their experiences in an informal but supportive atmosphere.

The core Cygnets programme is delivered over seven two and a half to three-hour sessions which include:

- Introductory session
- Autism an overview
- Sensory needs
- Communication
- Understanding behaviour
- Supporting behaviour

We also deliver additional sessions on:

- Supporting Siblings
- Puberty, sexual wellbeing & relationships

What these sessions will offer you:

- Increased knowledge of Autism.
- Further, understand your child's perspective and view on the world.
- Develop a practical toolkit that can be beneficial to your child.
- Direct you to relevant support and resources, locally and nationally
- Provide the opportunity to meet other parents and create a support network.
- Provide the opportunity to explore specific topics e.g. supporting siblings; Puberty, sexual wellbeing & relationships.

How can I access the Cygnets programme?

Barnardo's have developed the Cygnets in partnership with young people, parents and practitioners to enable a variety of organisations to deliver programmes under license to parents in their locality. Cygnets is delivered to parents at no cost.

This Cygnets programme is available for you if:

- ✓ You live in the Borough of Ealing and/or your child attends an Ealing Borough school
- ✓ Your child is aged 8 To 16

The course is delivered by:



Zuza Nowak - AHT
Springhallow School



Dzifa Wilkinson –
Psychologist ESCAN



You or your child's school can request a referral form or more information by contacting: parentcourses@springhallow.ealing.sch.uk . Once we have received your email we will place you on a waiting list and contact you with more information once a place becomes available.