

# Cygnets Parenting Support Programme



**Due to the COVID pandemic, this course is currently being delivered virtually.**

## **What is the Cygnet Course?**

The Cygnet Programme is a basic awareness-raising package for parents and/or carers of children and young people with an autistic spectrum condition (ASC). It has been created by children's charity Barnardo's. The course is delivered by practitioners who have experience of working with pupils with ASC. The course aims to work towards supporting and developing the young person's communication skills and behaviour.

## **Why should I attend a Cygnet course?**

Parents of children on the autistic spectrum face the usual positive and difficult challenges of parenting and quite a few more. Attending Cygnet 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.

## **Sessions**

There are seven sessions which cover the following areas:

1. Introduction
2. An Overview
3. Sensory Needs
4. Communication
5. Understanding Behaviour
6. Supporting Behaviour
7. Parent's Choice

The course material will be emailed to participants for them to read at their leisure. There will then be a scheduled video meeting to discuss this material together as a group. This process will happen for each section of the training. Participants should try to complete all the sessions.

## **Criteria**

If you are interested in accessing these virtual training sessions, you must be the parent/carer of a young person on the pathway to receiving an autistic spectrum diagnosis or have received this diagnosis already. Your child needs to be aged between 5-18 years. We are commissioned to support families with children attending schools in the Sevenoaks district.

## **Contact**

Please contact Gemma Elliott (Specialist Teacher) if you wish to talk through whether this course is suitable for you [gelliott@valence.kent.sch.uk](mailto:gelliott@valence.kent.sch.uk) or 07824 306241

To be added to our Cygnet course waiting list, please contact:

Emma Bradshaw (Business Support Assistant)

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For further information please visit: <https://barnardos-parenting.org.uk/cygnets-programme/>