

## What Parents thought:

Fantastic! Really enjoyable and helpful!

This has given me the tools to help with my child's communication

The support of the other group members is really valuable

Understanding our son's behaviour properly is a big step

I can now identify my child's sensory issues & have practical strategies

## For more information and to book a place on one of our courses please contact:

SEND Teaching School  
c/o Linden Bridge School  
Grafton Road  
Worcester Park  
Surrey  
KT4 7JW

Tel: 020 8330 3009 ext. 237  
Email: [courses@sendteachingschool.co.uk](mailto:courses@sendteachingschool.co.uk)  
[www.sendteachingschool.co.uk](http://www.sendteachingschool.co.uk)

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Barnardo's



## Cygnets Programme Information for Parents and Carers

A parenting support programme for parents and carers of children and young people aged 5-19 with autistic spectrum condition



## What does Cygnet cover?

This is a core Cygnet programme which is delivered over 6 sessions, with each session typically lasting three hours. Information covered includes:

- ◇ Autism and diagnosis
- ◇ Communication
- ◇ Sensory issues
- ◇ Understanding behaviour
- ◇ Managing behaviour
- ◇ Choice decided by parents / carers

Additional sessions available:

- ◇ Siblings (2 additional sessions to Core Programme)
- ◇ Puberty and sexuality (3 additional sessions to Core Programme)

## Is Cygnet for me?

After a diagnosis, sometimes it can feel lonely or isolating and you might feel you need some more expert advice.

Children's needs also change over time and information and advice received when a child is younger may need to be updated to be relevant for the child/ young person today. Even if you have attended an autism parenting course for children under 7, as they grow older you may need more advice. In particular the Siblings or Puberty & Sexuality may be more relevant to your family as they grow older.

Attending Cygnet gives parents and carers an opportunity to develop their understanding of autism and look at practical solutions to managing behaviour. It also gives you the chance to meet other people in a similar position and hear about their experiences in an informal but supportive atmosphere.

## Who are Carers?

Carers can be anybody with direct involvement with your child e.g. grandparents, uncles, aunts, shared carers or support workers from school. It should be noted that a representative from your child's school can attend the programme with the parents.

## Where and when does the group run?

Cygnet is run regularly within Surrey. Please contact us to find out when our next courses are running.

## Childcare and employment

Under the Employment Act 2002 (Parental Leave), parents of disabled children are entitled to 18 weeks unpaid leave to care for and support their children. For further information please refer to the Working Families website [www.workingfamilies.org.uk](http://www.workingfamilies.org.uk) or telephone 0800 013 0313.

## Do I have to attend all sessions?

You will gain a lot more from coming to the group if you come to all the sessions. This is because each session builds on the one before. Please do not accept a place on a programme if you don't feel you can commit to the whole course.

## I would like to attend Cygnet, what do I do now?

Either a professional working with you can enrol you onto a programme with your consent or you can enrol on a programme directly. Your child needs to be aged 5-19, have a diagnosis of Autism and live in Surrey. Some information will be taken and we will invite you to attend a session in your area.