

## Advisory Teaching Service

### BASES

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# 9+ Parent Programme

## Social Communication and Interaction Difficulties



**Advisory Teaching Service**

Communication and Interaction Team



## An Overview of the 9+ Parent Programme

This course is designed for the parents of pupils between 9 and 12 years of age with a recent diagnosis of autism. Priority will be given to parents who have not attended a course previously. The course will be held in the evening in order for both parents to have the opportunity to attend, baby-sitters permitting.

The course is of 6 weeks duration, each session lasting approximately two hours.

The general ethos of the course is that through understanding autism, parents will be able to develop their own strategies and build on the experience they already have. Also by meeting with other parents they can share experiences and become mutually supportive. Any information shared will, naturally, be held in confidence.

Each session there will be an opportunity for parents to share experiences over coffee and to ask questions. There will also be the opportunity for parents to be sign-posted to appropriate support for specific issues.

## Further Information

For further information / informal chat please contact:

**Sally O'Hare**  
**Advisory Teacher**  
**Communication and Interaction Team**

**Tel: 01452 426955**

## Useful Contacts

### **National Autistic Society (NAS)**

Website: [www.nas.org.uk](http://www.nas.org.uk).

Helpline: 0845 0 704 004 (10am - 4pm Mon - Fri) calls charged at local rate from landlines

The National Autistic Society aims to offer families and carers information, advice and support to stimulate more understanding about the difficulties that people with autism face.

### **Parent to Parent Line (NAS)**

Helpline: 0800 9 520 520

Parent to parent is a confidential telephone support service for parents and carers of an adult or child on the autism spectrum. You can call free from a landline at any time and leave a message. A volunteer will the phone you back as soon as possible, at a time to suit you.

## Feedback from other courses run by the Communication & Interaction Team

I now have the tools to help.....

Has broken down barriers and prejudices and given a bright outlook for the future

A chance to exchange ideas with others in similar circumstances

The course was illustrated with many real life examples and situations

Gives you more understanding of autism and more understanding of your child

## Content of the Course

### Week 1 **An Introduction to autism**

This gives an introduction to the medical diagnosis of autism and what it means for your child. It will look in some detail at the component parts of communication and the difficulties an autistic young person may have with this.



### Week 2 **Friendship**

This week we explore the difficulties young people have with social interaction and strategies that have been successful. We will look at structure, social stories and comic strip conversations as strategies which can develop social understanding and social interaction.



## Content of the Course

### Week 3 Behaviour

This week re-caps on the difficulties associated with autism and how it may cause displays of inappropriate behaviour. It uses the metaphor of an iceberg to help understand this and shows how strategies can be used to reduce stress and anxiety and therefore moderate behaviour.



### Week 4 Self-awareness and adolescence

The session will begin with a discussion on self-awareness and a look at the peer awareness programme which is sometimes used in schools. After coffee we will consider the challenges of adolescence and how the Emotional Toolkit may help.



## Content of the Course

### Week 5 Parents and school

This week examines some of the difficulties which might affect home/school liaison. Before coffee we explore the parental perspective and afterwards we look at the school perspective, before concluding with some strategies which might prove helpful.



### Week 6 The Future

This final week looks at transition in general and the importance of communication for any change to a new setting. There will be some general pointers on choosing a secondary school. Coffee will include an open forum to discuss the future and the team will signpost support, provide an information pack and hopefully answer any remaining questions.

