

STARTING ON THE SPECTRUM



MIDAS, Meadowfield School, Swanstree Avenue, Sittingbourne, ME10 4NL

Date	Five-part course on: 15 th April 2024 22 nd April 2024 29 th April 2024 13 th May 2024 20 th May 2024
Time	09:45-12:45
Presented By	Early Years Team

Receiving an autism diagnosis for your young child can be an emotional time. Our 'Starting on the Spectrum' programme is your next step in finding out more. This five-part programme takes place over five morning sessions and is suitable for parents and carers of children in the early years (5 years and under) with a diagnosis of Autism Spectrum Conditions (ASC), or on the assessment pathway. During this series of workshops parents will look at the features of ASC, exploring a new topic each week.

This programme is designed to:

- Increase understanding of ASC conditions and their impact
- Develop an awareness of potential sensory sensitivities and their impact on everyday life
- Consider brain development and its impact
- Support parents and carers to understand strategies they can use to support children and young people
- Support the development of healthy relationships
- Give the opportunity to discuss strategies and problem solve together in a friendly environment with other families in the same position.

Numbers are limited and so places will be allocated on a first come first served basis. **PLEASE NOTE that one parent or carer must commit to attending all five sessions.** Another parent or carer is welcome to join any or all sessions.

This five-part course is £5 per participant. Refreshments are provided.

For bookings please contact: midas@meadowfield.kent.sch.uk or telephone MIDAS Centre on 01795 477788, option 6.

