

## About the programme

There is a demonstrated need for a range of evidence based early intervention programmes for a child who has been given a diagnosis of autism.

'Pre-schoolers with Autism' is an effective, manual based parent education programme developed by Dr Avril Brereton and Prof Bruce Tonge as a response to their concern that parents and carers of young children with autism can easily be left out of the learning loop right from the start.

This programme was designed to help parents/carers of young children with autism to understand what autism is and how it affects their child's development, play and behaviour, communication skills and ability to socialise with others. The 20 week programme also involves parents in learning more about behaviour management and the development of more effective parenting skills.

Our hope in developing this parent based early intervention is that both parents/carers and clinicians will work together to increase their understanding of autism and the challenges it brings.

## About the programme

The programme content deals with the most frequently asked questions that families have sought the authors' help with in the past. Our view is that families do better when parents/carers have the opportunity to work in partnership with professionals to learn more about their child's autism, behaviour management techniques and how to teach their child new skills. Meeting with other parents whose children have autism to share feelings and experiences is also important.

The format of alternating small group sessions with individual sessions each week gives parents/carers the opportunity to meet and discuss issues common to the group and work through the programme together. Importantly, parents/carers can also explore issues in a more personal way in the individual sessions that are skills based and action oriented through the provision of workbooks, modelling, videos, rehearsal (with child when present), homework tasks and feedback.



## "Pre-Schoolers with Autism" training course

Our two-day training course will help you:

- learn about the programme content
- understand and use the clinician and parent programme manuals
- view and discuss video footage of the sessions
- meet colleagues who will be delivering the programme

The interactive training is for experienced clinicians working with young children with autism and their families.

Participants should have:

- a strong background in child development
- experience working with children who have autism and their families
- experience in counselling or group work

