



Cygnnet Parenting Support Programme

For parents who have children with a diagnosis of autism.

What is it? (info from Barnardos)

A parenting support programme for parents and carers of children and young people aged 5-18 with autism, written by Barnardos and delivered by Solihull Specialist Inclusion Support Service (SISS) Autism Team Specialist Teachers, who have been trained by Barnardos to deliver this course.

Parents of autistic children face the usual challenges of parenting and quite a few more. Attending Cygnnet 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.

How will Cygnnet help me?



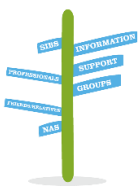
Increased knowledge of Autism.



Further understand your child's perspective and view on the world.



Develop a practical toolkit that can be beneficial to your child



Direct you to relevant support and resources, locally and nationally.



Provide the opportunity to meet other parents and create a support network.

How do I access the Cygnet Course?

Speak to your school SENCo and they will contact their named SISS Autism Specialist Advisory Teacher for the next set of dates. ***You will need to be available to access all 6 sessions to be allocated a place on this course.*** There will be a maximum of 12 families on each course, with no more than 2 people from each family. The SISS Autism Team will then contact you directly if there is availability on the next course.

When is the next course?

Summer Term 2022, via Microsoft Teams.

Option 1 – Thursday mornings 9.30am – 12.00pm, 12.5.22, 19.5.22, 26.5.22, 9.6.22, 16.6.22, final session *FRIDAY* 24.6.22

or

Option 2 - Friday mornings 9.30am – 12.00pm, 13.5.22, 20.5.22 27.5.22, 10.6.22, 17.6.22, 24.6.22

Please follow the link below for more information regarding the course, including testimonials from other parents and carers.

<https://barnardos-parenting.org.uk/cygnet-programme/>