

The EarlyBird Plus Programme is an autism-specific intervention programme, which does not offer a cure **BUT** does offer parents' hope to help their child reach his/her fullest potential.

Parents meet with and work with other parents of young children with autism and professionals working with an 'autistic child'

Here are some quotes from families and professionals that have attended the EarlyBird Plus programme.

"EarlyBird Plus is an absolute must to help you begin to learn and understand how your child's mind works" - Parent.

"Having the opportunity to discuss things with both his parents and other school staff was invaluable" - Professional

To book a place at an information meeting please ring or email your local EarlyBird Team.

Your Local EarlyBird Team is:

Lead officer: Angela Bradley

Mobile: 07825 262 784

Angela.bradley@darlington.gov.uk

Trainer: Lorraine Cook

Lorraine Tel: 01325 406 209

Mobile: 07867 195 155

lorraine.cook@darlington.gov.uk

You can also find us on Facebook

<https://www.facebook.com/groups/805808464066547/>

Or by scanning the QR code



**National
Autistic
Society**



EarlyBird Plus Programme

EarlyBird Plus is for parents whose child is between the ages of four and under ten who has received a diagnosis of an autism disorder.

The National Autistic Society is the U.K's leading charity for people affected by autism. Website: www.autism.org.uk

What is the EarlyBird Plus programme?

The programme is delivered over a three month period. The programme combines the supportive dynamic of group sessions with the individualised, one-to-one support of home visits. During these visits an EarlyBird trainer supports the family to adapt the information covered in the group sessions for their child.

Who can attend the programme?

Every family will be offered 2 places and each programme supports between 4 and 6 families. Parents/carers are also encouraged to invite a supporting professional of their choice to attend the sessions with them. This is to promote a consistent approach across settings e.g. home and school. This can be a professional from a different setting who supports their child.



Who runs the programme?

The programme is run by local professionals with experience and understanding of autism spectrum disorders who have all been trained at The National Autistic Society EarlyBird Centre in South Yorkshire.



What are the Aims of the programme?

The programme aims to increase your understanding of well-researched and recognised autism best practice in order to empower you and develop your resilience. It also gives you the opportunity to be around other parents/professionals in a similar situation and we encourage friendships and support within the group.

What we will learn about?

Every session includes discussion and participation during which you are encouraged to think about how this would work for you in your situation. The programme uses video footage of autistic individuals, parents and professionals to support the sessions. Each session is 2.5 hours in length and the course will include 2 home visits. We start by developing your understanding of autism and encourage you to consider how differences impact your child. Then we move on to look at communication differences before thinking about and discussing behaviour.

When and where are the sessions held?

We work with four to six families at a time. Two places are allocated to each family. The family can then invite one professional of their choice along to support them. The programme lasts for three months and combines group training sessions with home visits. Parents will have a weekly commitment of a two-and-a-half hour training session or home visit, and ongoing work with their child at home. Sessions are held locally and details of venue, time dates will be given at the information meeting for each course.

"The knowledge we have gained has given us more confidence to analyse problems and hopefully prevent them rather than lurching from one crisis to another" - parent.