

Programmes for Parents

Ducklings Programme delivered through Children's Centres

Who is the Ducklings Programme for?



Ducklings is a 4-week online course to support parents/carers with a child (or children) under 5 years of age who has been newly diagnosed with Autistic Spectrum Disorder (ASD) or is awaiting an assessment with the Child Development Centre

The sessions support parents/carers to understand and increase their awareness of ASD: supporting your child's development, exploring strategies to support family life, providing information, advice and signposting.

To add your name to the waiting list please email: NorthCC@hillingdon.gov.uk the following information:

- Parent/carer full name
- Your child's full name and date of birth
- A contact telephone number
- Has your child has been newly diagnosed with Autistic Spectrum Disorder (ASD) or are they awaiting an assessment with the Child Development Centre?

Parent Support Programmes delivered through the SEND Advisory Service

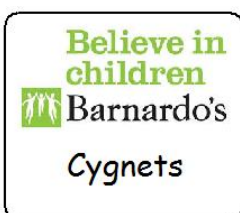
Who are the parent support programmes for?

Parenting support programmes are available to parents who have children aged between 2 and 18 years who have a diagnosis of autism spectrum disorder or social communication difficulties. In order to access the relevant course, you must be a London Borough of Hillingdon resident.

What is available?



The National Autistic Society EarlyBird parenting support programme is a 10-week training course for parents whose children have received a diagnosis of autism spectrum disorder or are on the pathway to receiving a diagnosis of autism and is child under the age of 4 years and **not** in full time education



Barnardo's Cygnets parenting support programme is a 6-week training course for parents whose children are aged 4 to 18 years with a diagnosis of autism spectrum disorder or social communication difficulties. Those without a formal diagnosis are able to attend.

What are the aims of the parent courses?

1. Provide information and support post diagnosis or waiting for a diagnosis.
2. Develop parents/carers knowledge and understanding on how a child on the autistic spectrum experiences the world around them.
3. Guide parents/carers through practical strategies they can use to support their child.
4. Increase parents/carers confidence in understanding and managing their child's behaviour.
5. Provide local support opportunities with other parents with similar experiences.

How do I register an interest and join the waiting list?

Q: Is your child under the age of 4 years and **not** in full time education? Yes

A: Register for the National Autistic Society EarlyBird Programme.

[Please Click Here](#)



Q: Is your child is over the age of 4 years and **in** full time education? Yes

A: Register for Barnardo's Cygnet's Programme

[Please Click Here](#)



Or follow the steps below:

Steps

1. Go to internet search engine such as Google and type [Home | Hillingdon Directory](#)
2. In the box 'what are you looking for' type EarlyBird or Cygnets then Click search
3. Find selected course in 'results' and click on course
4. In 'description' section click on the link 'register in cygnets or EarlyBird'
5. Complete Microsoft registration form in order to be place on the waiting list for selected course

When are the courses available?

Cygnets and EarlyBird are delivered **term time only**:

One EarlyBird programme per term (two where possible)

One Cygnets programme per term

Where are the courses delivered ?

EarlyBird Parent Programme will be delivered at one of Hillingdon's Children Centre. Where possible an additional programme will be delivered at the Civic Centre, Uxbridge, UB8 1UW

Cygnets Parent programme is usually delivered face to face at the Civic Centre, Uxbridge, UB8 1UW.

When it is not possible to deliver face to face the courses will be delivered virtually online. The duration and timing may vary for online delivery.

