

EMPOWERING PARENTS, EMPOWERING COMMUNITIES

The 'Being a Parent - Autism' course at Bingham Family hub

Free course with a free creche (Booking required)

What is EPEC?

Empowering Parents, Empowering Communities Being A Parent - living with Autism Course is a free, volunteer-led, evidence-based parenting programme



Each session is delivered by two Parent Group Leaders (PGLs) who have received 60+ hours training to deliver EPEC courses and at least one will have **lived experience** of Autism.



Our sessions empower parents to share experiences, learn new skills and practice these alongside other parents, who are facing similar circumstances.

Who is it suitable for?

If your child has a diagnosis, is awaiting assessment or you would like to know more about neurodivergence, this course is for you.

Our course offers support to parents/carers, helping you to learn more about Autism as well as to improve connection and communication with your children. Along with helping parents/carers to manage behavioural difficulties experienced by their child



The course gives lots of opportunity for discussion around shared experiences in an accepting and supportive environment, while following a 'Positive Parenting' approach.

Course Content

Week 1.
Introductions/ Our ASC Child. Goal Setting/ Motivators

Week 2.
Good enough parent/ ASC traits/ Child-led play

Week 3.
Acknowledging and accepting feelings/ Expressing feelings/ Being prepared for change

Week 4.
Using child led playtime and praise to promote positive behaviours/ Describing behaviours/ Saying what we see

Week 5.
Needs behind behaviour/ Understanding behaviour/ Sensory processing difficulties

Week 6.
Raising self esteem using descriptive praise/ Coping with change and being flexible/ Using schedules and visual timetables/ Routines

Week 7.
Tangible rewards/ Listening: Non-verbal communication/ Setting boundaries and using positive discipline

Week 8.
Effective discipline/ Ignoring/ Using clear commands/ Soft 'no'/ Parenting styles

Week 9.
Using 'contracts' or agreed consequences to manage behaviour/ 1,2,3 Magic/ Active listening

Week 10.
Listening skills/ Stress management/ Reviewing course and goals/ Ending celebrations

How is it delivered?

Every Monday for 10 weeks - 1 - 3pm
Beginning Monday 12th May - 21st July 2025

Creche induction- if required- Mon 28th April- **Limited creche spaces**

There will be no sessions in half term or Bank Holidays

