

# EMPOWERING PARENTS, EMPOWERING COMMUNITIES

## The 'Being a Parent - Living with Autism' Course at Warsop Children's Centre.

### 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 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 them to  
learn more about Autism as well  
as to improve the coordination of  
their child's/children's care.  
Along with helping parents 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.

### 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?

Being a Parent course (Living with Autism) course at Warsop Childrens Centre,  
Mansfield Rd, Warsop, Mansfield NG20 0AQ

Every Wednesday 1pm - 3pm

Beginning on Wednesday 24th January until the 27th March 2024

There will be no session in half term

