



**Parents and carers course**



## CYGNET core

**Thursdays, November 4th, 11th, 18th, 25th and December 2nd and 9th  
9.30am to 11.30am**

**Fosse Way School,  
Longfellow Road,  
Radstock BA3 3AL**

**Free to parents and carers of children  
educated in B&NES**

Parents of children on the autistic spectrum face the usual challenges of parenting and quite a few more. Barnardo's, with the support of young people, parents and other agencies, have created their own programme to provide families with information about autism and its management, including the support available on an ongoing basis suitable for the child and young person's needs.

Programme Approach Cygnet acknowledges parents as the experts when it comes to their own children, however a child on the autistic spectrum will present with additional challenges and families may feel there are not many places to go for advice and support.

Cygnet can fill this gap by:

- Building on parents' knowledge of their child and their positive care experiences.

- Using available knowledge on autism and behaviour management techniques.
- Presenting programmes in a relaxed and varied format with practical applications.
- Developing a mutually supportive environment where parents can share advice and experiences.

Cygnet is a six-week programme that provides a mixture of information to read, activities to complete, questions to reflect upon, links to sources of further information and handouts to keep that summarise some of the key learning points.

**The programme is for parents whose children are aged four to 18 years who have diagnosis of autism and are educated in B&NES.**

**To book, please email [training@thepartnershiptrust.com](mailto:training@thepartnershiptrust.com)**

