



National
Autistic
Society
Scotland

PARENT AND
CARERS

EarlyBird Plus Programme

For all Parent and Carers

Join the National Autistic Society's EarlyBird Plus programme for parents and carers of autistic children aged 5 to 10 years.

The six-session programme covers:

- understanding autism
- communication
- understanding autistic experiences
- supporting daily living
- health and wellbeing
- connections.

"This has made a real difference to me. In general, life-changing."

Parent

The EarlyBird Plus programme aims to empower parents and supporting professionals to understand more about autism and discuss useful strategies on how to support autistic children.

For more information -

Autism Support Ayrshire

Email - Autismsupportayrshire@nas.org.uk

Find out more:



www.autism.org.uk



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