



AUTISM FAMILY LEARNING SESSIONS



Mrs McKay was delighted to host a four week block of Autism family learning sessions for our parents and carers. It was wonderful to work so closely together to develop a shared understanding of Autism and to discuss strategies and approaches that can allow us to support our learners and children.

What is Autism?	Autism and Sensory Processing	Updating our own and our Children's Levels of Arousal and Behaviours	Diet, Sleeping, Toileting and Self Care
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2.4
Strong partnerships with parents who support children and young people are essential

2.5
Creative approaches are used to engage families

2.7
Partnership work with stakeholders, including parents and carers, the local community, third sector, public sector and business organisations, is based on mutual trust and respect.

St. Martin's Primary



All As One

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What went well?



What could we do to make it even better?

I have learned so much about how the world looks for my children

It was good to look at how my stress increases and to think about what I can do to calm down and take care of myself

More of these sessions on different days and times so more parents and carers can come

I have good ideas now about how to support my daughter's sleep routine and help her try new foods

Great to know there are online resources to help. I have loved these Tuesday morning sessions

Share the resources Mrs McKay talked about and showed us

It is good to know that other parents struggle sometimes. We are always trying to do our best for our children. I feel empowered.

I see a lot of myself in these behaviours. I think I might be autistic. Discussing neurodiversity and how being different is a good thing and has given me courage

Set up more opportunities for parents to meet and discuss how to support their children

I have some practical ideas and strategies I didn't think about before

I really enjoyed the input from the OT. She was very down to Earth.