|  |
| --- |
| Cygnet - Parenting support  for families with children with autism  The Cygnet parenting support programme is  for parents who have children:   * with a diagnosis of autism * aged between 5-18yrs   *\*NEW\** Online groups available:  How it works:   * Parents receive Cygnet activities, reading materials and video links each week via email. * Parents meet together in a small online group to discuss what they’ve learnt. * There are six sessions each lasting no more than 2 hours. * *Also available in Urdu*   Topics covered:  I felt listened to and understood for the first time  1 – Introduction  2 – What is Autism  3 – Sensory Differences  It was great to meet other families too, who shared ideas and useful advice  4 – Communication  5 – Understanding behaviour  6 – Supporting behaviour    **Interested?**  Email: [parenting@bradford.gov.uk](mailto:parenting@bradford.gov.uk) |