

## FREE Parent/Carer Training

**Delivered by the Specialist Teaching Support Service  
Autism Inclusion Team**

Please note, these sessions are for parents/carers of children with a diagnosis or on the pathway (e.g. a referral has been accepted and awaiting an assessment for an Autism diagnosis, inc. those not yet referred to our service)

**Stafford Family Hub:** Faraday Road, Stafford, ST16 3NQ

**Moorlands Family Hub:** Albert Street, Biddulph, ST8 6DT

DATE	TIME	COURSE TITLE	LOCATION
<b>02.02.2026</b>	09.30-12.00	Early Years Workshop	Microsoft Teams
<b>26.02.2026</b>	09.30-12.00	Early Years Workshop	Moorlands Family Hub
<b>04.03.2026 (Max. 2 Sessions)</b>	09.30-10.30	Understanding Autism	Stafford Children's Centre
	11.00-12.30	Raising Self-Esteem	
	13.30-15.00	Emotional Regulation	
<b>11.03.2026</b>	09.30-12.30	Transition to Adulthood	Stafford Children's Centre
<b>19.03.2026</b>	13.00-14.30	Understanding Autism	Moorlands Family Hub
<b>16.04.2026</b>	09:30 – 12:00	EYFS Parent Workshop	Stafford Children's Centre
<b>03.06.2026 (Max. 2 Sessions)</b>	09.30-11.00	Understanding Autism	Stafford Children's Centre
	12.00-13.30	Raising Self-Esteem	
	14.00-15.30	Autism & Girls	
<b>10.06.2026</b>	09.30-11.30	Understanding Self-Harm	Stafford Children's Centre

### **Understanding Autism**

**What we cover:**

Language use when talking about autism.  
Understanding the key areas of difference.  
Thinking about your child's needs and ways to support them.

### **Understanding Behaviour**

**What we cover:**

Parents/Carers are invited to join a member of the Autism Inclusion Team for an online check-in session with time for questions.

### **Raising Self-Esteem in Autistic Children and Young People**

**What we cover:**

Sharing diagnosis with your child.  
Ways to raise your child's self-esteem.

### **Emotional Regulation**

**What we cover:**

This training will help to raise awareness and understanding of emotional regulation and how this impacts children with a diagnosis of Autism.

### **Transition into Adulthood**

**What we cover:**

The options after year 11 and year 13 can sometimes be confusing for learners and for parents/carers. There are many different routes and pathways that young people can take, and choices must be carefully made. Preparing for adulthood should be considered as part of their education to support young people into adulthood with paid employment, good health, independent living and friends, relationships and community inclusion.

### **Girls and Autism**

**What we cover:**

The aim of this training is for delegates to have an increased awareness of the presentation of Autism in girls. It aims to develop their understanding of 'masking' and the impact this may have on the student's mental health and to give an overview of strategies that may support their learning and emotional wellbeing.

### **Self-Harm**

#### **What we cover:**

This course has been developed to support primary and secondary mainstream staff in understanding self-harm. The training explores common triggers, signs that a pupil may be self-harming and effective strategies/interventions to use in the classroom.

### **EYFS Parent Workshop**

#### **What we cover:**

This is an opportunity to meet other parents and find out about ways to understand and support your child. We will discuss Autism Awareness, communication and interaction, sensory differences, play, toileting, eating and sleep.

**To book please email: [autism.training@staffordshire.gov.uk](mailto:autism.training@staffordshire.gov.uk)**

**Please include your name(s)/school your child attends & email address**