

**TO BOOK YOUR PLACE PLEASE EMAIL [AMANDA.JACKSON@STAFFORDSHIRE.GOV.UK](mailto:AMANDA.JACKSON@STAFFORDSHIRE.GOV.UK)**



# FREE Parent/Carer Training

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

**PLEASE NOTE – THIS TRAINING IS FOR PARENTS/CARERS OF CHILDREN WHO HAVE  
A DIAGNOSIS OF AUTISM (inc. those not yet referred to our Service)**

DATE	TIME	COURSE TITLE	LOCATION
11.03.25	09.30-10.30	Understanding Autism	Faraday Road
	11.00-12.00	Raising Self-Esteem	
	13.30-15.00	Emotion Regulation	
^ PLEASE CHOOSE A MAXIMUM OF TWO SESSIONS ^			

DATE	TIME	COURSE TITLE	LOCATION
<b>18.03.25</b>	09.30-12.30	Transition to Adulthood	Faraday Road
<b>28.03.25</b>	09.30-12.00	Autism in Early Years	Faraday Road
<b>11.06.25</b>	09.30-12.00	Autism in Early Years	Faraday Road
<b>19.06.25</b>	09.30-11.30	Self-Harm	Faraday Road

**CONTINUED OVERLEAF...**

**With pride. With purpose. With you.**



DATE	TIME	COURSE TITLE	LOCATION
26.06.25	09.30-11.00	Understanding Autism	Faraday Road
	11:30-13:00	Raising Self-Esteem	
	14:00-15:30	Autism and Girls	
^ PLEASE CHOOSE A MAXIMUM OF TWO SESSIONS ^			

**Faraday Road** = Families First at Faraday Road, Stafford, ST16 3NQ (Stafford Children's Centre)

### **Understanding Autism**

Language use when talking about autism.

Understanding the key areas of difference.

Thinking about your child's needs and ways to support them.

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

Sharing diagnosis with your child.

Ways to raise your child's self-esteem.

### **Emotion Regulation**

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

### **Transition to Adulthood**

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**

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 with their learning and emotional wellbeing.

### **Self-Harm**

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.

**With pride. With purpose. With you.**

**TO BOOK YOUR PLACE PLEASE EMAIL [AMANDA.JACKSON@STAFFORDSHIRE.GOV.UK](mailto:AMANDA.JACKSON@STAFFORDSHIRE.GOV.UK)**



**With pride. With purpose. With you.**