

# InSpire Autism Workshops for Parents

## Autumn Term 2022

All workshops are led by a specialist teacher for autistic children and are free to attend for parents and carers living in Hammersmith & Fulham. Each workshop lasts for 60 minutes.

If you are unable to book using the links please contact [adem.cetindamar@lbhf.gov.uk](mailto:adem.cetindamar@lbhf.gov.uk)

<b>Developing Understanding of Autism</b>  This two-part workshop will help you develop a deeper understanding of the social and thinking differences related to autism. Please be able to attend both sessions.  <ul style="list-style-type: none"><li>• Autism is a difference, not a disorder</li><li>• Three key areas of difference</li><li>• Sensory processing – what does it mean?</li><li>• How autistic children experience the world</li><li>• How your understanding can help</li></ul>	<i>Part 1 of 2:</i>  <b>Friday 18<sup>th</sup> Nov</b>  12.30 to 1.30pm  <i>Part 2 of 2:</i>  <b>Friday 25<sup>th</sup> Nov</b>  12.30 to 1.30pm	<i>For parents or carers of primary or secondary school children who would like to know more about the differences associated with autism. Please register for both workshops</i>  <i>Part 1:</i>  <a href="#">Book here</a>  <i>Part 2:</i>  <a href="#">Book here</a>
<b>Using 'Zones of Regulation' to teach emotional regulation at home</b>  Zones of Regulation is a structured program commonly used in primary schools. Learn how to use the Zones program home to help children develop emotional understanding.  <ul style="list-style-type: none"><li>• Learning to recognise and label emotions</li><li>• Providing a 'toolbox' of supports</li><li>• Visuals that support emotional regulation</li></ul>	<b>Friday 2<sup>nd</sup> Dec</b>  12.30 to 1.30pm	<i>For parents or carers who would like strategies and resources to teach emotional understanding and regulation. Your child does not have to use Zones of Regulation in school to attend.</i>  <a href="#">Book here</a>
<b>Talking to children and young people about autism</b>  Many parents and carers find it difficult to talk to their child about autism. This workshop will focus on how to discuss autism with children and help them develop a positive self-esteem.  <ul style="list-style-type: none"><li>• The difficulty talking about autism</li><li>• The dangers of not talking about autism</li><li>• Language and perspective matter</li><li>• Positive understanding of difference</li></ul>	<b>Friday 9<sup>th</sup> Dec</b>  12.30 to 1.30pm	<i>For parents or carers who worry about discussing autism with their child or those who don't know how to find the right language or the right time to begin explaining difference.</i>  <a href="#">Book here</a>