

**Believe in  
children**



## **Barnardo's Parents/Carers Support Programme**

The Cygnet Parenting Support Programme is an evidence-based programme designed for parents and carers of children and young people aged 5-18 with an autistic spectrum condition.

The programme is designed to increase parents' understanding of autistic spectrum conditions.

Help parents develop their knowledge on how a child on the autistic spectrum experiences the world and what drives their behaviour.

Guide parents through practical strategies they can use with children

Direct parents to relevant ASC resources.

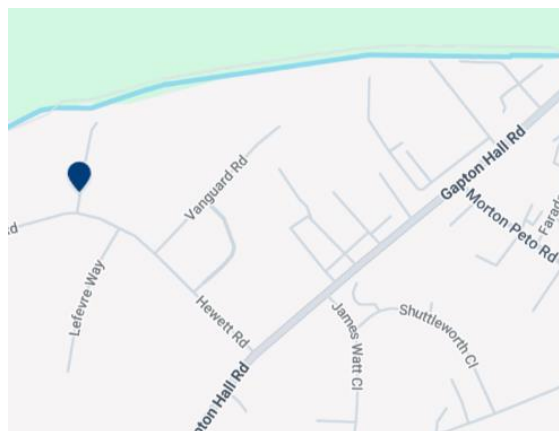
Give parents the opportunity to meet with other parents who have had similar experiences and to gain support and learn from each other.

**Sunbeams  
Community Hub**

**A world in which Autism is celebrated.**

**Where to find us**

Sunbeams Community Hub  
Viking Rd,  
Gapton Hall Industrial Estate,  
Great Yarmouth  
Norfolk, NR31 0NU



<http://www.sunbeamsplay.org.uk>

Registered Charity No: 1152188



**Sunbeams  
Community Hub**

**A world in which Autism is celebrated.**

**Parent Programmes**



**Barnardo's  
Cygnet Programme**



**For more information  
contact us on**

07484085777 or 01493 442181  
[info@sunbeamsplay.org.uk](mailto:info@sunbeamsplay.org.uk)

## Sunbeams Play

are licenced providers of the Barnardo's Cygnet Programme including the additional Puberty, Sexual Wellbeing and Relationships sessions.

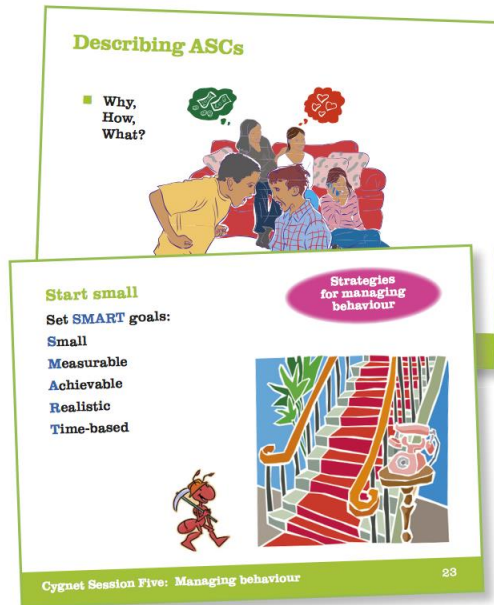
**Parents/carers should only access these additional sessions once they have attended the Cygnet core programme or other relevant parenting support programmes.**

## Core Parenting Programme

A 6-week parenting programme providing the opportunity to gain further understanding of your child/young person's needs (5-18yrs) through skills, strategies and knowledge covering:

- Autism and diagnosis
- Communication
- Sensory issues
- Understanding behaviour
- Managing behaviour
- Final session is chosen by parents/carers enabling any of the above to be revisited.

Please ask if you are interested in taking part or would like more information.



## Puberty, Sexual Wellbeing and Relationships

Puberty, Sexual Wellbeing and Relationships is a 4-week programme for parents wanting to support their children/young people through this difficult stage and for young people to understand their own needs.

### Puberty

- What is Puberty
- Understanding our body
- Looking after our body
- When and where to display our body

### Sexual Wellbeing

- What is sex about
- Focus of arousal
- Masturbation
- Sex and the law
- Touch and personal space

### Relationships

- Types of relationships
- Building a relationship
- Feelings and emotions
- Engaging with others
- Keeping safe and bullying

### Forth Session (Optional)

- Topics chosen by parents and carers