



## 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.

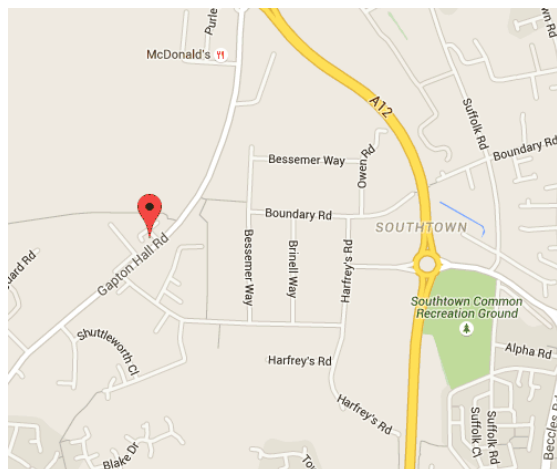
Give parents the opportunity to meet with other parents who have had similar experiences and to gain support and learn from each other.

## Sunbeams Play

A haven for children and young people with Autism

### Where to find us

Unit 7, Enterprise Court,  
Gapton Hall Road  
Great Yarmouth'  
Norfolk, NR31 0ND



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




Registered Charity No: 1152188

OFSTED registered

## Sunbeams Play

Parent Programmes

 **Barnardo's**  
Cygnet Programme



For more information

07436 794967 or 01493 442181

## Sunbeams Play

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

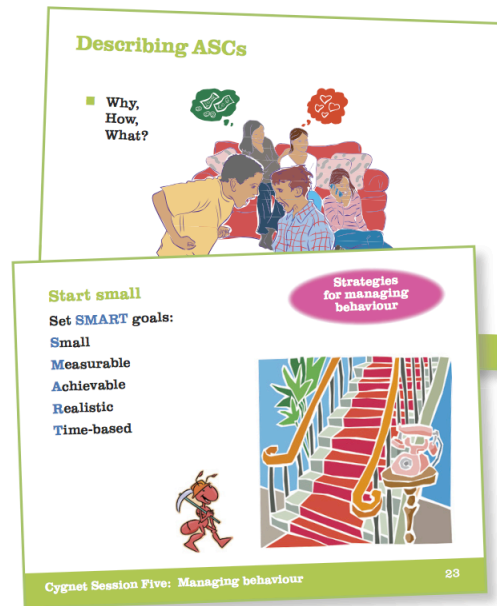
**Parents/carers should only access these additional sessions once they have attended the Cygnet core programme or other relevant parenting support programmes.**

## 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