

# Therapy Support Series (6-15 years)

## Aspect Workshops



### *Mealtime Management*

Eating is a complex process and learned behaviour. Research shows autistic people have 5 times greater chance of having mealtime difficulties than their typically developing peers. Our webinar will look at typical eating development, discover reasons why people with autism have feeding difficulties, dispel common myths surrounding eating, and identify a variety of food introduction methods and strategies. More complex medical conditions such as swallowing disorders, allergies and gastrointestinal conditions will not be covered.

Our workshop is co-presented with a professional who has lived experience with autistic children.

**Duration:** Webinar = 2 hours

**Audience:** Our workshop will provide information to parents and carers; and will benefit professionals supporting Autistic children in early education.

### *Understanding and Supporting Sensory Needs*

Sensory processing is the way a person perceives, processes and organises information they receive through their senses. Studies show that up to 95% of autistic people have sensory differences which impact on task performance, school participation, activities of daily living, and is also associated with higher anxiety levels. Our webinar will recognise the sensory differences in each system and how they impact function, look at the history of sensory processing and theoretical models, discover how to assess sensory differences, consider the evidence behind a variety of sensory supports, and determine when to seek additional support.

Our workshop is co-presented with a professional who has lived experience with autistic children.

**Duration:** Webinar = 1.5 hours

**Audience:** Our workshop will provide information to parents and carers; and will benefit professionals supporting Autistic children in early education.

### *Emotional Regulation*

Emotional regulation is a complex process which allows an individual to monitor and modulate their expression of emotions and arousal. Children on the autism spectrum experience a wide range of emotions, just like any other child. However, they may respond or portray these emotions in a different way than may be expected. They could experience difficulty noticing the emotions of others, interpreting others emotions and responding to others emotions, as well as possible difficulties noticing, interpreting and responding to their own internal emotions. Our webinar will cover the process of emotional regulation including identification, understanding, responding to and regulating emotions. We will also cover strategies to help support emotional regulation in children.

Our workshop is co-presented with a professional who has lived experience with autistic children.

**Duration:** Webinar = 1.5hrs

**Audience:** Our workshop will provide information to parents and carers and will benefit professionals supporting Autistic children in early education.

## Positive Behaviour Support - 1

This two-part webinar series will provide information on principles and practical applications of positive behaviour support strategies. Attendees will learn proactive, strengths and evidence based approaches to understand behaviours of concern and support people on the autism spectrum. These webinars will provide confidence in creating an autism friendly environment and the process of individual planning for supporting people with autism who demonstrate behaviours of concern. Part 1 will focus on the development of an autism friendly environment including strategies to support individuals with quality of life, communication and thinking and learning.

Our workshop is co-presented with a professional who has lived experience with autistic children.

**Duration:** Webinar = 2 hours

**Audience:** Our workshop will provide information to parents and carers; and will benefit professionals supporting Autistic children in early education.

## Positive Behaviour Support - 2

This two-part webinar series will provide information on principles and practical applications of positive behaviour support strategies. Attendees will learn proactive, strengths and evidence based approaches to understand behaviours of concern and support people on the autism spectrum. These webinars will provide confidence in creating an autism friendly environment and the process of individual planning for supporting people with autism who demonstrate behaviours of concern. Part 2 will focus on understanding why behaviours of concern may occur and developing proactive interventions and the development of planned responses for behaviours when they occur.

Our workshop is co-presented with a professional who has lived experience with autistic children.

**Duration:** Webinar = 2 hours

**Audience:** Our workshop will provide information to parents and carers; and will benefit professionals supporting Autistic children in early education.

## Exploring Autism Inclusion in Schools

Most teachers will have the opportunity to support a student on the Autism Spectrum in their classrooms. Our webinar aims to increase attendees' knowledge of how autism presents in a school setting and what they can do to best support these students. Our workshop will focus on practical strategies for daily use in classrooms to provide an inclusive schooling experience. We will also discuss the effective implementation of Positive Behaviour Support in schools, detailing proactive strategies to help reduce the frequency and intensity of behaviours, as well as reactive strategies that promote safety and de-escalation of students.

Our workshop is co-presented with a professional who has lived experienced with autistic children.

**Duration:** Webinar = 2 hours

**Audience:** Our workshop will provide information education professionals.



## Starting and Navigating School in NSW

Starting school is a significant milestone in the life of a child, their parents/carers and those who support them. Our webinar on Starting and Navigating School aims to increase attendees' knowledge of schooling options as well as providing practical strategies to help facilitate a successful transition into school and within schooling years. Our webinar will also include information on how to support diverse learners and how building partnerships with the school is integral to ongoing success.

Our workshop is co-presented with a professional who has lived experienced with autistic children.

**Duration:** Webinar = 2 hours

**Audience:** Our workshop is aimed at parents, health professionals and teachers who support children of a preschool or school age.