

### STARS Parent/Professional Training Sessions 2024-25

These workshops aim to provide information for parents to support their autistic child at home. Professionals should access these sessions and then use the slides and resources to deliver the training to their setting's parents.

Training sessions will be delivered through Teams. See Course information below.

Date and Time	Title	Training suitable for...
September 6 <sup>th</sup> 2024 9:45-11:15	A Celebratory introduction to Neurodiversity in the Early Years	A celebratory approach to supporting autistic children in the early years. Celebrating and accepting neurodivergent and autistic differences, using strengths to support learning and embedding positive language and attitudes within the early years.
October 4 <sup>th</sup> 2024 9:45-11:15	Emotional Well-being	This session will explore why autistic children and young people are at greater risk of poor mental health. We will discuss how we can work with children and young people to explore the causes of poor mental health, overcome barriers to wellbeing, and support the development of coping mechanisms.
November 8 <sup>th</sup> 2024 9:45-11:15	Sensory Support in the Home	This session will give a brief introduction to sensory processing and regulation, exploring its importance in supporting the wellbeing of autistic children and young people. The session will also offer advice around sensory support strategies that can be implemented in the home.
December 7 <sup>th</sup> 2024 9:45-11:15	Identity and Diagnosis	The focus of this session is to discuss ways parents and carers can support their child/young person to understand and embrace their autism as part of who they are. This session will include: 1) The advantages of the child or young person knowing that they are autistic. 2) Approaches and resources that parents and carers can utilise to assist their child/young person in understanding what autism means to them.
January 10 <sup>th</sup> 2025 9:45-11:15	Visual Supports in the Home EY	An introduction to using visual strategies in the home when supporting children to understand home routines and verbal instructions, providing strategies for independence. This session has an Early Years focus but many of the strategies discussed can be developed to support older children.
January 10 <sup>th</sup> 2025 9:45-11:15	Keeping autistic children and young people safe online	During this workshop we will explore the importance of different types of online media to autistic identity and wellbeing. We will discuss how much online media is too much

		and how to establish appropriate limits. We will explore risks and protective measures in relation to online content.
February 7 <sup>th</sup> 2025 9:45-11:15	Visual Supports Secondary & Post 16	This session will focus on the importance of the use of visuals to support learning, personal and social development and to promote independence. The session aims to explore a range of strategies, resources and technology to implement the use of visuals, drawing on case studies and feedback from young people
March 7 <sup>th</sup> 2025 9:45-11:15	Key life transitions	This session will explore the 'life journey' of our autistic and ND young people as they start and finish education. We will explore how they navigate the early years, through to Primary and Secondary /Post 16 and the transition to adulthood and how to support them at each stage. We will discuss approaches and strategies and share examples of good practice using the '3 areas of difference' in autism as a framework.
May 2 <sup>nd</sup> 2025 9:45-11:15	Anxiety based avoidance	This session will explore the links between autism, anxiety and avoidant behaviour. We will look at how anxiety driven avoidant behaviour might present in the home and in the community and look at strategies to support autistic young people experiencing anxiety driven avoidance.
June 6 <sup>th</sup> 2025 9:45-11:15	A basic introduction to Intensive Interaction:	For anyone who would like to understand more about the development of fundamental communication and interaction, and how this approach can support children in their care to make social connections with others.
July 4 <sup>th</sup> 2025 9:45-11:15	Puberty and sexuality	This session will look at why autistic children and young people need more support to understand puberty, relationships, sexuality and sex. We will discuss strategies and resources for supporting children and young people to better understand these themes.

For professionals to book a place on the training sessions of your choice please book via this link [Training & Events | Leeds for Learning](#)

For parents to book please email [starsteam@leeds.gov.uk](mailto:starsteam@leeds.gov.uk) with your name, email and training date you would like to be booked on.