



Cygnnet Parenting



Cygnnet parenting is a specialist programme, designed for parents/carers of children and young people with a diagnosis of Autistic Spectrum Disorder (ASD).

The Barnados- Cygnnet Autism programme is a **6 week** course for parents of children aged **5-11 years** with Autism. Parents of children with Autism face all the usual positive and difficult challenges of parenting, and quite a few more with the autistic population being a vulnerable group. Cygnnet combines practical strategies and support for parents specifically around Autism. The sessions are delivered by staff from the School Nursing service that have been trained to run these groups.

Cygnnet parenting aims to empower parents/carers and to increase their understanding of the strengths and difficulties associated with ASD.



Sessions include:

- Autism and diagnosis
- Communication
- Sensory issues
- Understanding and managing behaviour

If you are a parent or carer and you would like further information or to book a place on the above course then please contact us by email or phone:

Email: wht.wellbeing@nhs.net

Phone: Tel: 01922 423349