

Neurodevelopmental Behaviour Support Service

Cygnets Parenting Support

A diagnosis of Autism is required to access this parenting program.

The Cygnets Parenting Support Programme is for parents and carers of children and young people aged 5-18 with an autistic spectrum condition. Parents of children on the autistic spectrum face the usual positive and difficult challenges of parenting and quite a few more. Attending Cygnets gives you an opportunity to develop your understanding of autism and look at practical solutions to support your child.

It also provides the opportunity to meet other people in a similar position and hear about their experiences in an informal but supportive atmosphere.

You have one of two options; **Option 1** is delivered over six sessions face to face and **Option 2** accesses the Barnardo's online platform plus two Microsoft Teams sessions with Small Steps.

What can I get out of Cygnets?

- Increased knowledge of Autism.
- Further, understand your child's perspective and view on the world.
- Develop a practical toolkit that can be beneficial to your child.
- Direct you to relevant support and resources, locally and nationally.
- Provide the opportunity to meet other parents and create a support network.

How to book:

You only need to choose one of the options 1 or 2.

You do not need to be referred by a professional, you can book yourself a place on one of the above courses providing your child had a confirmed diagnosis of autism spectrum condition and you have a Nottinghamshire GP (excluding Bassetlaw and Nottingham City)

You will need to click the link below or copy/type this link into your browser, complete and submit the online form and we will send you a list of available courses within 7 days.

<https://tinyurl.com/NBSNotts>