

What parents thought:

"Fantastic! Really enjoyable and helpful!"

"Our biggest problems are related to behaviour so understanding our son's behaviour properly is a very big step!"

"This has given me the tools to help with my child's communication."

"I can now identifying my child's sensory issues and have an idea of practical strategies."

"The support of other group members is really valuable."

Comments from professionals:

"We recommend Cygnet to all families where a young person receives a diagnosis of ASC in this age bracket."

Consultant child psychiatrist, Bradford

"The programme is excellent in its accessibility to parents, carers and practitioners."

Barnardo's Childrens Service manager, Waltham Forest

"The materials are clear, well researched and well paced."

Autism outreach teacher, Leeds

For more information please contact:
Cygnet Parenting Support Service
Queens Road
Bradford
BD8 7BS
Telephone: 01274 481183
Email: andy.morris@barnardos.org.uk

Or return the reply slip to the above address:

Please can I be contacted with more information about the Cygnet programme:

Name _____

Address _____

Tel. _____

Email _____



Believe in children
Barnardo's

Yorkshire

www.barnardos.org.uk

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Four Gables, Clarence Road, Horsforth,
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Barnardo's Registered Charity Nos.
218250 and SC037605

Cygnet programme

Believe in children



Barnardo's

Yorkshire

A parenting support programme for parents and carers of children and young people aged 7-18 with an autistic spectrum condition



Welcome to Session Four:
Understanding behaviour



Cygnet

Autistic spectrum condition
parenting support programme

'Behaviour is often the child's
loudest voice'



Activity

Cygnet Session Four: Understanding behaviour

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National Training
Award Winner 2008
Yorkshire and
Humber
Region

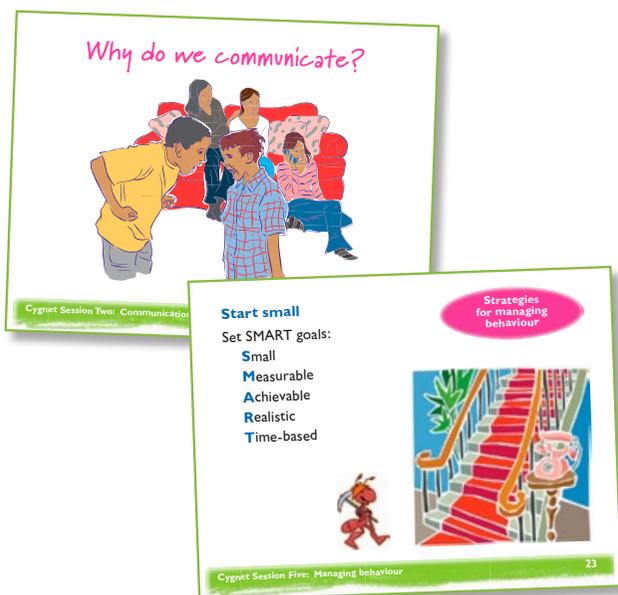
**NEW FOR 2009:
Siblings
session**

Why Cygnet?

The underpinning value in the development of Cygnet is the belief that if parents and carers have access to appropriate knowledge, skills and support they can often find practical solutions to build confidence in family life.

This has been achieved through:

- Listening to parents/carers and young people
- Working with inter-agency support
- Utilising relevant and practical research materials
- Robust long term and independent evaluation methods
- Acknowledging the needs of all community groups



What does Cygnet cover?

This is a core Cygnet programme which is delivered over six two and a half – three hour sessions which sequentially work towards behaviour management relevant and appropriate for this age group of children and young people.

- Autism and diagnosis
- Communication
- Sensory issues
- Understanding behaviour
- Managing behaviour
- Choice decided by parents/carers

NEW! Siblings session

A new Cygnet session on siblings is now available to follow on from the core Cygnet programme.



This session acknowledges the concerns that parents may have in relation to children with a brother or sister on the autistic spectrum and offers support, information and strategies.

What is included in a Cygnet core programme?

A CD containing:

- Introductory and explanatory notes for use and printing
- Five sessions visually illustrated on 214 slides
- Trainer's notes accompanying each slide
- Video clips
- Activities and handouts
- Parent's notes
- Evaluation materials

Two ring bound trainer's packs containing trainer's notes with a copy of handouts, activities and evaluations.

Cost

- Introductory price:
Core programme – £650
Siblings session – £175
(prices include post and packaging)
- Half day taster sessions:
£50 per person with a £50 reduction with the purchase of the programme
- Full day training in the use of the core programme for up to eight professionals (includes Cygnet core programme): £1,350