

## **FREE Autism training for Parents and Carers of children who have a diagnosis of autism**

Delivered by the Specialist Teaching Support Service Autism Inclusion Team

To book your place, please email: [autism.training@staffordshire.gov.uk](mailto:autism.training@staffordshire.gov.uk)

Courses available:

### **Understanding Autism**

Language use when talking about autism.

Understanding the key areas of difference.

Thinking about your child's needs and ways to support them.

### **Understanding Behaviour**

Parents/Carers are invited to join a member of the Autism Inclusion Team for an online check-in session with time for questions.

### **Raising Self-Esteem in Autistic Children and Young People**

Sharing diagnosis with your child.

Ways to raise your child's self-esteem.

### **Emotion Regulation**

This training will help to raise your awareness and understanding of emotional regulation and how this impacts children with a diagnosis of Autism.

### **Transition to Adulthood**

The options after year 11 and year 13 can sometimes be confusing for learners and for parents/carers. There are many different routes and pathways that young people can take, and choices must be carefully made. Preparing for adulthood should be considered as part of their education to support young people into adulthood with paid employment, good health, independent living and friends, relationships, and community inclusion.

### **Girls and Autism**

The aim of this training is for delegates to have an increased awareness of the presentation of Autism in girls. It aims to develop their understanding of 'masking' and the impact this may have on the student's mental health and to give an overview of strategies that may support with their learning and emotional wellbeing.

### **Self-Harm**

This course has been developed to support primary and secondary mainstream staff in understanding self-harm. The training explores common triggers, signs that a pupil may be self-harming and effective strategies/interventions to use in the classroom.

**With pride. With purpose. With you.**

Please choose a maximum of **two** sessions from the below.  
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DATE	TIME	COURSE TITLE	LOCATION
<b>07.10.2025</b>	09.30 – 10.30	Understanding Autism	Microsoft Teams
	11.00 – 12.30	Raising Self-Esteem	
<b>06.11.2025 BITESIZE DAY</b>	09.30-10.30	Understanding Autism	Faraday Road
	11.00-12.00	Raising Self-Esteem	
	13.30-15.00	Emotional Regulation	
<b>10.11.2025</b>	13.30 – 15.00	Emotional Regulation	Microsoft Teams
<b>03.12.2025</b>	09.30-12.00	Autism in the Early Years	Faraday Road
<b>04.03.2026 BITESIZE DAY</b>	09.30-10.30	Understanding Autism	Faraday Road
	11.00-12.30	Raising Self-Esteem	
	13.30-15.00	Emotional Regulation	
<b>11.03.2026</b>	09.30-12.30	Transition to Adulthood	Faraday Road
<b>03.06.2026 BITESIZE DAY</b>	09.30-11.00	Understanding Autism	Faraday Road
	12.00-13.30	Raising Self-Esteem	
	14.00-15.30	Autism & Girls	
<b>10.06.2026</b>	09.30-11.30	Understanding Self-Harm	Faraday Road