



EMPOWERING PARENTS, EMPOWERING COMMUNITIES

The 'Being a Parent - Living with Autism' Online course

What is EPEC?

Empowering Parents, Empowering Communities Being A Parent - living with Autism Course is a free, volunteer-led, evidence-based parenting programme



Each session is delivered by two Parent Group Leaders (PGLs) who have received 60+ hours training to deliver EPEC courses and have **lived experience** of Autism.

Our sessions empower parents to share experiences, learn new skills and practice these alongside other parents, who are facing similar circumstances.

Who is it suitable for?

If your child has a diagnosis, is awaiting assessment or you would like to know more about neurodivergence, this course is for you.

Our course offers support to parents/carers, helping them to learn more about Autism as well as to improve the coordination of their children's care. Along with helping parents to manage behavioural difficulties experienced by their child



The course gives lots of opportunity for discussion around shared experiences in an accepting and supportive environment.

Course Content

Week 1.

Introductions/ Our ASC Child. Goal Setting/ Motivators

Week 2.

Good enough parent/ ASC traits/ Child-led play

Week 3.

Acknowledging and accepting feelings/ Expressing feelings/ Being prepared for change

Week 4.

Using child led playtime and praise to promote positive behaviours/ Describing behaviours/ Saying what we see

Week 5.

Needs behind behaviour/ Understanding behaviour/ Sensory processing difficulties

Week 6.

Raising self esteem using descriptive praise/ Coping with change and being flexible/ Using schedules and visual timetables/ Routines

Week 7.

Tangible rewards/ Listening: Non-verbal communication/ Setting boundaries and using positive discipline

Week 8.

Effective discipline/ Ignoring/ Using clear commands/ Soft 'no'/ Parenting styles

Week 9.

Using 'contracts' or agreed consequences to manage behaviour/ 1,2,3 Magic/ Active listening

Week 10.

Listening skills/ Stress management/ Reviewing course and goals/ Ending celebrations

How is it delivered?

The Being A Parent, living with Autism support group is 2.5 hours a week for 10 weeks and is delivered via MS Teams

Every Friday beginning 26th September - 12th December 2025
9.15am - 11.45am

(except school holidays)

