



EMPOWERING PARENTS, EMPOWERING COMMUNITIES

The 'Being a Parent - Autism' course at Sherwood East Family hub

1A Braemar Rd, Forest Town, Mansfield NG19 0LL

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 at least one
will 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 you to learn
more about Autism as well as to
improve connection and
communication with your children.
Along with helping parents/carers
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, while following a 'Positive
Parenting' approach.

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?

Every Thursday for 10 weeks - 12.30 - 2.30pm
Beginning Thursday 25th September - 11th December 2025

There will be no sessions in half term

Free limited creche spaces (please contact the family hub for more information)



For more information or to book a place, please contact Sherwood East Family hub

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