



Essex County Council
Special Educational Needs
and Disabilities



Good Beginnings

Course

A course for parents and carers of autistic children, or those with social communication needs, in reception and younger.



Essex County Council
Special Educational Needs
and Disabilities

The course covers:

- understanding autism
- supporting distress and emotional regulation
- communication
- eating, sleeping and toileting
- play
- managing anxiety
- sensory processing

This course is an opportunity for parents and carers to come together to share experiences and tips in a supportive environment.



Scan the QR code to book a place

