

**WHSCT Children and Young People's  
Autism Service**

**Early  
Intervention  
Service  
Support Sessions**

**Advocate. Support. Love. Accept.**

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The sessions outlined in this brochure have been carefully and specially designed for children with neurodevelopmental differences.

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## Tier 1 - Autism – An introduction

This session will provide information on your journey within the WHSCT Children and Young People's (C&YP) Autism Service.

Within this session we aim to increase your understanding of Autism and Neurodiversity, help you see things from your child/young person's perspective and make you aware of further supports available to you and your family.

Your Journey starts here

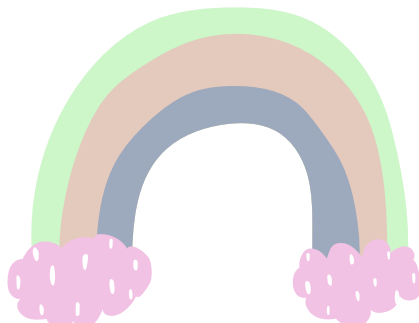
**\*This session must be attended in order to access Tier 2 support**

# Tier 2 Support Sessions

**Self Care** underpins all of the following support sessions

TAKING CARE OF  
YOURSELF DOESN'T  
MEAN 'ME FIRST',  
IT MEANS 'ME TOO'.

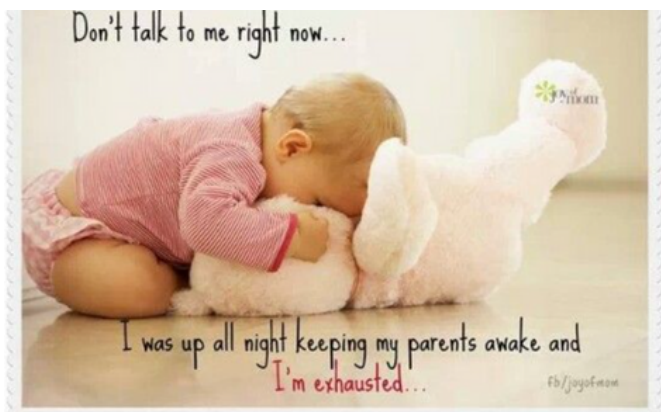
- L. R. KNOST



"Rest and self-care  
are so important.  
When you take time  
to replenish your spirit,  
it allows you to serve  
others from the overflow.  
You cannot serve from  
an empty vessel."

~ Eleanor Brown

## Can't Sleep, Won't Sleep



This session aims to help you understand the importance of sleep, provide practical advice, strategies and resources for families struggling to get a good night's sleep. The focus will be on your body & sleep, promoting healthier sleep habits and establishing bedtime routines.

Duration: 1 ½ hrs

**Parent Only**

## Time for Toileting



Toileting can be a difficult time for many families. There is a lot of information available on toileting but this can at times be overwhelming. We acknowledge that toileting issues can present at any age. We aim to provide you with help and advice in relation to your child/young person and support you with tips and strategies to meet their needs.

Duration: 1 hour

**Parent Only**

# Tier 2

## Support Sessions

### Eating



Many children and young people develop fussy eating preferences, this may mean that their diet becomes restricted. This session aims to help you understand eating behaviours and provide you with tips and strategies in promoting variety with food.

Duration: 1 hour

Parent Only

### Keeping it Visual



Visual supports can be used in a variety of ways to support understanding, manage tasks, learn new skills and reduce anxiety. In this session we aim to help you become aware of the importance of visuals, show you just how adaptive they can be, how to use them effectively and provide you with some resources for use at home.

Duration: 1 ½ hrs

Parent Only

### Creating a Supportive Environment



We all experience the world differently, this can be both debilitating and empowering. Sometimes our environment can be overwhelming; this session aims to help you make small changes within your child/young person's environment to create a supportive space for them. These small changes will help meet their needs by considering their strengths.

Duration: 1 ½ hrs

Parent Only



# Tier 2 Support Sessions

## It's a Teens World (12+)



As teenagers we seek independence, new experiences, and identities to help us understand ourselves better. This is new and exciting, however, not only do we change and grow externally, lots of changes occur internally. This combined with our environment can lead to behaviour changes such as 'shutting down', 'not communicating', becoming 'emotional', or 'angry' at the drop of a hat. This session will explore what it means to be a teenager in today's world and support you in ways to nurture your relationship with your teen.

Duration: 1 ½ hrs

**Parent Only**

**Your Kids are  
Incredible**

We believe that your child is the most precious of all human beings and the ability to withstand social and emotional challenges rests upon a caring relationship between parent and child. These sessions aim to develop positive parent-child relationships, assist in supporting your child's behaviour and promote social, emotional and academic competence before your child becomes an adult.

Duration: 6 sessions x 1 ½ hrs

**Parent Only**

## Let's Tackle Transitions



Transitions occur in everyday life, from experiencing new social situations, changes in routine, to beginning school or starting a new job. For many people transitioning from one thing or place to another can be daunting, we may feel afraid, worried or even refuse to go. Some of us can transition with ease, others need a little more support. This session hopes to provide you with skills and tools to help you support your child/young person at times of transition.

Duration: 1 hour

**Parent Only**

## Tier 2 Support Sessions

### #Social Media



Social media connects us with anyone in the world at anytime via the internet, navigating this can be overwhelming. It is important to be aware of digital platforms that exist. We aim to provide you with hints and strategies about how you can best keep your child/young person safe online.

Duration: 1 hour

Parent Only

### Making Sense of our Senses



At every minute of every day, we are all processing information from our senses to enable us to engage in all aspects of our everyday lives. Some children and young people find the information that they receive through their senses challenging. This session will explore these sensory processing challenges and provide you with practical strategies to identify and support your child/young person's sensory needs.

Duration: 1 ½ hrs

Parent Only

### Have Hope! (11+)



These sessions are based on research that shows HOPE is a teachable skill. We will help you discover and use the tools you need to find and maintain HOPE in your life - even during the most trying of times. Sessions will focus on increasing HOPE, improving mood and developing coping skills

Duration: 6 sessions x 1 hour

C/YP Session

## Tier 2 Support Sessions



### Stretch and Unwind



These sessions aim to help support children's mental health and well-being so they can navigate through life feeling more calm, confident and creative. We will use stories, movement and calming activities whilst promoting language development and social interaction. We hope to help children become more positive, resilient and have greater belief in themselves.

Duration: 4 sessions x 45 mins

**C/YP Session**

A peaceful, quiet and relaxing space to unwind and stretch. Guided moves and breathing techniques aimed at promoting flexibility, strength, positivity and a general sense of calm and well-being.

Duration: 4 sessions x 45 mins

**Teen Session**

**For the Stretch and Unwind sessions parents will be invited to attend a one off session to Relax and unwind**

*Duration: 45mins*

**Parent Only**



# Tier 2 Support Sessions

## Anxiety and Me (12+)



For Teen sessions,  
parents will be required to  
attend a one-off session

Anxiety is a natural emotion that we all experience. It can be really useful when something dangerous is about to happen but sometimes anxiety shows up when we are not actually in danger! Prolonged anxiety can be overwhelming, confusing and draining. This session will explore why we experience anxiety in our body and help identify ways to support children/young people when it does decide to show up!

Duration: 1 ½ hours

**Parent Only**

Does anxiety show up, preventing you living the life you want? Come along to our sessions where we will explore why we experience anxiety, what to do when it shows up and explore strategies that will help you get back to the life you want to live.

Duration: 6 sessions x 1 hour

**Teen Session**



**Connecting  
With  
Others**

For Child sessions,  
parents will be required to  
attend a one-off session

This session aims to help you understand why your child/young person may experience peer relationships differently. We will share ideas on how to support them make and maintain friendships and how to help them recognise healthy relationships.

Duration: 1 hour

**Parent Only**

Connecting with others can increase our sense of belonging, happiness and well being. During these sessions we will share ideas on how to make and maintain healthy peer relationships, understand social expectations and build on your strengths to help your relationships grow.

Duration: 4 sessions x 40 mins

**C/YP Session**

# Tier 2 Support Sessions

## Why We Do the Things We Do (4-11yrs)



For C/YP sessions,  
parents will be required to  
attend a one-off session

It can be incredibly stressful to watch our children scream, cry, bite and shut down. As parents/carers we often struggle to understand what it is they really need. This session will explore what your child may be communicating through their behaviour, factors that can influence behaviour, and identify ways in which you can help them get their needs met more easily.

Duration: 1 ½ hrs

**Parent Only**

Being human means that we will feel lots of different emotions like sadness, anger and worry in our body. These sessions will help you to understand why you might feel this way and give you some tools to help you know what to do, when these big emotions show up.

Duration: 4 sessions x 30mins

**C/YP Session**

## I Am Me (8-12 Years)



For C/YP sessions,  
parents will be required to  
attend a one-off session

Positive self-esteem is something we wish for all children/young people to have. Achieving and maintaining this can often be difficult. Living in a digital world creates an unrealistic illusion where endless comparisons have become the norm. This session focuses on developing self-acceptance - one of the greatest gifts we can give ourselves.

Duration: 1 hour

**Parent Only**

Living in a digital world means that we have unlimited access into the lives of others. This often fosters unrealistic expectations of how we should look and live our lives. These sessions will encourage you to know yourself, accept yourself and be yourself.

Duration: 6 sessions X 1 hour

**C/YP Session**

# Feedback

"Each session was like spending time with a friend who understood"

"We were made feel very comfortable at every stage"

"Thank You for the time and effort everyone has put in it really shows that people care"



"It gave my son lots of reassurance and made him feel content that other children suffer anxiety not just him"

"Thank you for letting me be part of this new experience, it has been so helpful"

"I can see my daughter putting the techniques into practice"  
(Managing Emotions)

**Book your place  
via phone or Email**

## **WHSCT Children and Young People's Autism Service**

### **Contacts Details:**

**Lilac Villa  
Gransha Park  
L' Derry, BT47 6TG  
Tel: 028 7130 8313**

**Rivendell  
Tyrone and Fermanagh Hospital  
1 Donaghane Road  
Omagh, BT79 0NS  
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**Children's Centre  
South West Acute Hospital  
Enniskillen, BT74 6DN  
028 66382103**

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