

## Online EarlyBird Plus Programme

An online eight sessions programme for parents/carers of children (4 – 9 years of age) with an autism spectrum disorder.



## What is the Online EarlyBird Plus Programme?

Our online EarlyBird Plus programme is a ten-week training programme of eight sessions of about 2 hours in length. It provides support for those parents/carers whose child may have been given a later diagnosis.

## Who can attend the programme?

One or possibly two key adults from the families of a child aged between four and nine years of age with either a diagnosis of an autism spectrum disorder or going through the diagnostic process can attend the programme. We would hope to invite a school-based staff member to join you for this.

## When and where are the sessions held?

The eight group sessions are held weekly using Microsoft Teams at an agreed time. Each session lasts around 2 hours with a break. We aim to have check in with parents/carers taking part by telephone, home visit or online meeting.

## What are the aims of the programme?



- To empower parents/carers.
- To provide understanding around autism.
- To encourage information sharing.

## What will we learn about?

- Improving your understanding of your child's autism.
- Improving communication with your child.
- Developing strategies to pre-empt problem behaviours and/or manage those which do occur.



## The Monmouthshire EarlyBird Plus Team

The programme is run by Educational Psychologists from Monmouthshire (Stephen Trow and Tanya Walters) and the Early Years Additional Learning Needs Advisory Teacher (Ruth Davies). We all have experience and understanding of autism and youngsters with autism in schools and the community. We have all been trained by the National Autistic Society EarlyBird Centre in South Yorkshire to be able to deliver the programme.




### Stephen Trow – Educational Psychologist

I have been working as an Educational Psychologist in Monmouthshire since 2007 and worked in Caerphilly and Lincolnshire before this. I have worked with a variety of children with autism/social communication difficulties, their families and settings. I have been part of a team delivering the EarlyBird Plus programme in Monmouthshire since 2014. I really enjoy the interactions and confidence building that comes about from the programme for parents/carers and staff.



### Ruth Davies - Early Years Additional Learning Needs Advisory Teacher

I joined Monmouthshire Local Authority working within, and then managing, the Specific Learning Difficulties Team. I also became the Early Years Special Educational Needs Liaison Officer, working with Monmouthshire non-maintained settings. From September 2021, I became one of the Early Years Additional Learning Needs Advisory Teachers, working exclusively within this area. I have a wide range of teaching experience and have worked with young people with a range of differences, including those with Autism. I trained to deliver EarlyBird Plus in 2014 and have been helping deliver the programme since then each year. It is great working with parents and other professionals to help them through EarlyBird Plus.



### Tanya Walters – Educational Psychologist

I have worked with children and young people with autism and communication needs for over 25 years, both as a teacher and as an EP. I have been working with Monmouthshire EPS since January 2020 and have run several in-person and online EB+ courses. Autism is an area of particular interest for me and I thoroughly enjoy supporting families/settings with their very special and unique autistic children.



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