

# EMPOWERING PARENTS, EMPOWERING COMMUNITIES

## The 'Being a Parent - Living with Autism' 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, 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 course is 2.5  
hours a week for 10 weeks (except school holidays)

Courses are currently delivered in person based in  
school or delivered online via Teams



### What next?

After completing the course you may want to  
train to become a volunteer Parent Group  
Leader yourself and deliver the 'Being a Parent'  
course to parents just like you!

