Parent information sheet: EPECs Being a Parent of a Child with Autism (BaPA)

EPEC (Empowering Parents, Empowering Communities) courses are different to others you may have heard of, as, instead of being ‘told’ what to do by professionals, they are run by trained parent volunteers, The sessions are interactive and are discussion based. Topics covered each week are shown at the bottom of this information sheet. The goal is to support the parents/carers in the groups by sharing strategies and ideas, which can then be tried at home.

The EPEC Being a Parent of a Child with Autism course focusses on:

* The experience of being a parent of a child with Autism, their family and siblings.
* Understanding their child and the ways in which they are affected by Autism.
* Encouraging positive communication, interaction and play with children.
* Everyday strategies and routines to influence development and manage the effects of Autism on children.
* Ways to manage behaviour and meet children’s needs.
* Preventing, managing and recovering from meltdowns.

The course runs for 10 weeks, for 2.5hrs a session and covers a variety of topics shown below. Sessions are virtual or face to face in a selection of schools or Children’s Centres in Nottinghamshire. We currently run session in the school day and in the evening. We do not currently run during school holidays.

We are always looking for volunteers to train to deliver these sessions. The 12 week training is virtual and runs from 9,30-1pm, term time only. These cover course content, group dynamics, facilitation practise as well as Equal Opportunities & Safeguarding and there is a certification booklet that is completed by each trainee to show learning. This training can be a stepping stone into working with families or other careers.

Any parent can join an EPEC course, as long as they live in Nottinghamshire.

To apply to attend a course or to show an interest in becoming a volunteer, please contact Alice Lavender on [alice.lavender@nottscc.gov.uk](mailto:alice.lavender@nottscc.gov.uk) or on 07773 947714

