

## Cygnnet Programme

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Designed for parents and carers of children and young people aged 7 to 18 years old with an autistic spectrum condition.

Aims to increase understanding of autistic spectrum conditions, develop knowledge of how a child experiences the world, guide parents through strategies, practical guides and gives parents the opportunity to meet other parents.

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### THE PROGRAMME WILL COVER:

Autism and diagnosis

Communication

Sensory Issues

Understanding behaviour

Managing behaviour

Siblings

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**Target Group:**

Parents/carers of children with diagnosis (or are on the pathway – TBC) of ASD or Autism

**Age Range:**

7 to 18 years

**Referral Pathway:**

Submit to local Early Help Team

**Delivered By:**

Early Help, Specialist Teaching and Learning Service and Speech & Language Therapy Service

**Programme duration:**

6 weeks (weekly 2 ½ hour sessions)

For more information, please contact:

[ShepwayEarlyHelp@kent.gov.uk](mailto:ShepwayEarlyHelp@kent.gov.uk)