

EMPOWERING PARENTS, EMPOWERING COMMUNITIES

The 'Being a Parent - Autism' course at Bingham Family hub

Free course with a free creche (Booking required)

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 at least one
will 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/carers,, helping you to learn
more about Autism as well as to
improve connection and
communication with your children.
Along with helping parents/carers
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, while following a 'Positive
Parenting' approach.

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?

Every Monday for 10 weeks - 1 - 3pm
Beginning Monday 12th May - 21st July 2025

Creche induction- if required- Mon 28th April- Limited creche spaces

There will be no sessions in half term or Bank Holidays



For more information or to book a place, please contact Rushcliffe Family hub on
0115 9773749 or email: FHRushcliffe@nottscc.gov.uk or epec@nottscc.gov.uk