



Essex County Council
Special Educational Needs
and Disabilities



Good Beginnings

Course

A course for parents and carers of autistic children, or those with social communication needs, in reception and younger.



Essex County Council

**Special Educational Needs
and Disabilities**

The course covers:

- understanding autism
- communication
- play
- sensory processing
- supporting distress and emotional regulation
- eating, sleeping and toileting
- managing anxiety

This course is an opportunity for parents and carers to come together to share experiences and tips in a supportive environment.



**Scan or click the QR code
to book a place**

