

Information Meeting

An information meeting will be held prior to all programmes commencing and it is advisable for parents to attend before joining a programme.

Following the information meeting parents who wish to go ahead complete application forms and places are allotted to the next programme.



How do I apply?

Please request an expression of interest form from the address below, complete the form and return it to Autism New Zealand Inc.



Autism New Zealand Inc.

P O Box 42052
Tower Junction,
Christchurch.

Phone 03 348 2526
0800 AUTISM (0800 288 476)

Fax 03 348 2527

Website: www.autismnz.org.nz

Email: info@autismnz.org.nz



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MINISTRY OF HEALTH
MANATŪ HAUORA



Te Tīhanga o te Mātauranga
MINISTRY OF EDUCATION

What do Parents say about the NAS EarlyBird® Programme

"Every parent with a pre-school autistic child should go on this programme because it gives you a lot of hope and support when you feel at a low ebb. It gets you motivated to do all you can to help your child, and hope that things can only get better, and gives you confidence to deal with problems as they arise."

"Meeting other parents in the same boat gives you a boost and it was a pleasure getting to know them and exchange ideas."

"The programme helped us to understand so much more about autism. It taught us the best possible ways to help our son in his speech, how to think out plans for future adaptations of his behaviour, and also how to enjoy him being a member of the family."

"EarlyBird empowered us to take back most of the control we lost because of autism. The course offers hope whereas before we felt our situation was hopeless."

"It brings Dad back into the picture."

"Autism isn't the only thing in our lives anymore. We can go out more, do a wider range of activities more successfully without major dramas. And if dramas do start to occur we have a better chance of working out what caused it and therefore controlling the situation better."



Autism New Zealand Inc.
Including Asperger Syndrome and Related Disorders

NAS EarlyBird® Programme



**an early intervention programme
for families of young children
with an
autism spectrum disorder**

The NAS EarlyBird® Programme:

- is for parents of pre-school children with a diagnosis of an autism spectrum disorder.



- is a two month programme working with up to six families at a time.
- brings parents together for group daytime training sessions.
- involves families being visited regularly in their own homes.

The NAS EarlyBird® Programme works in partnership with parents to help:

- understand your child's autism spectrum disorder.



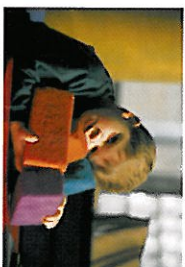
- develop your child's communication.
- apply practical strategies to manage your child's behaviour.



What is the EarlyBird® Programme



Research has clearly highlighted the importance of support for parents, families and carers of people who have autism spectrum disorders. The EarlyBird® programme was set up in 1997 to develop and evaluate an early intervention programme for parents, which is specific to the needs of children with an autism spectrum disorder.



The two month programme combines group training sessions for parents and caregivers with individual home visits. Video feedback is used to help parents apply what they learn, whilst working with their child.



During the sessions parents/caregivers learn to understand their child's autism; to develop communication with their child, and to manage their child's behaviour.

Who can participate in an NAS EarlyBird® programme?

Applications for the programme are accepted from parents of pre-school children with a diagnosis of an autism spectrum disorder. Two parents (or carers) from each family may attend.

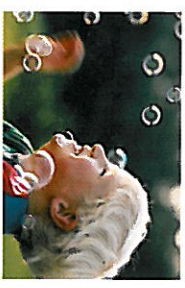


Children should not be older than four years ten months at the commencement of the programme, unless they will be starting school later than the age of five.

What are the aims of the NAS EarlyBird® Programme

The aims of the programme are to:

- support parents in the period between diagnosis and starting school.
- help families understand their child's autism spectrum disorder and assist parents and caregivers to gain skills to help with their child's social communication and behaviour within the child's home environment.
- help parents establish good practice in handling their child at an early age so as to pre-empt the development of inappropriate behaviours
- compliment other services and facilitate parent networking.



NAS EarlyBird® programme has been developed by the National Autistic Society, UK.

Programme Length & Commitment

The programme runs for two months in all centres. Parents and caregivers who participate need to make a commitment to (four) six-hour training sessions held fortnightly, and (four) 1-2 hour home visits, as well as ongoing work with their child during the programme.

The family should live within two hours travelling distance of the project base and must make their own child care and travel arrangements.

Funding towards childcare and travel may be available in situations of hardship.

