



COTHU PARENTING SUPPORT PROGRAMME



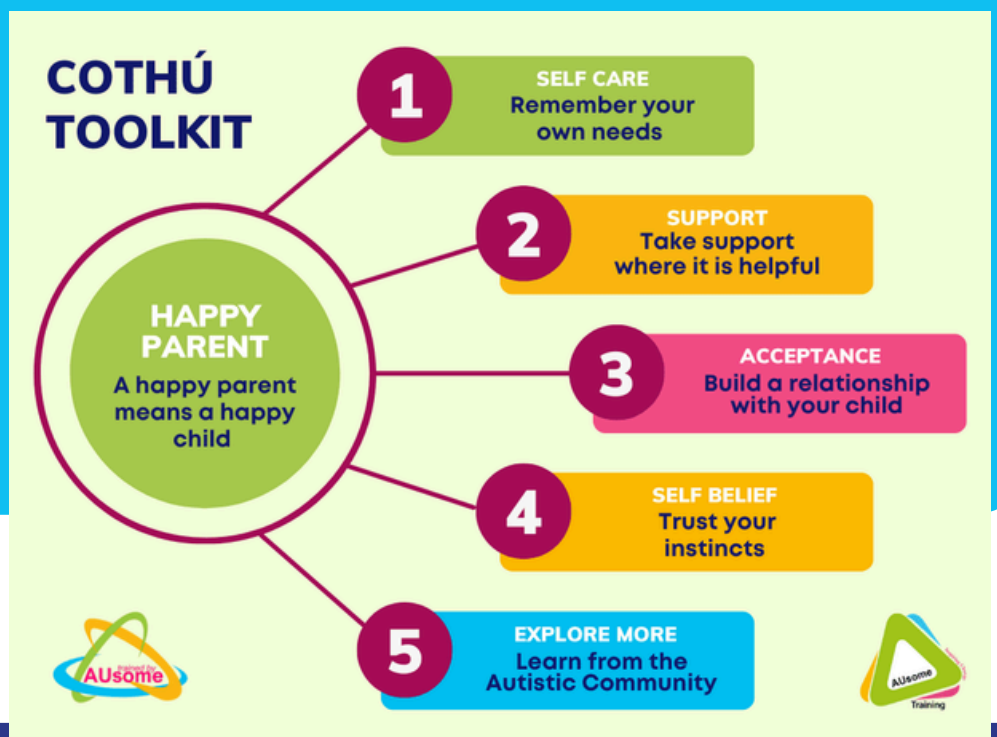
- Understand
- Support
- Nurture

What makes Cothu different?

Most autism parenting courses will teach you how to manage; manage meltdowns, manage challenging behaviours, manage sensory sensitivities, anxiety, aggression, school refusal, the list goes on.

The problem with this: You are always one step behind. You are always reacting to a child that is already - and constantly - in crisis. The good news is: it doesn't have to be this way.

With Cothu, you will learn how to prevent crisis, and help your child thrive instead.



**Venue in Warsop
Village to be
confirmed**

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Course Content

Date	Subject
Wednesday 24 th June 12.30 - 2.30pm	Introduction to Neurodiversity - myths about Autism
Wednesday 1 st July 12.30 - 2.30pm	What it feels like to be autistic
Wednesday 8 th July 12.30 - 2.30pm	Family Life
Wednesday 15 th July 12.30 - 2.30pm	Parenting Autistically
Wednesday 22 nd July 12.30 - 2.30pm	Raising a happy, authentic autistic child.

What other parents & carers have to say...

- I would highly recommend this course to other parents
- It really helped so much in understanding my son
- I am now more confident in the way that I parent
- I was actually able to put myself in her shoes.
- So clear and precise with explanations. Such a gentle tone.
- I would really have benefitted from these ideas earlier in my parenting journey

If you would like to attend
please email
joe.butler@nottsc.gov.uk
or let your school senco
know by Tuesday 16th June

**AUsome Training
Learn from Autistics**