



Brighter
Futures for
Children



Reading
Borough Council
Working better with you

Understanding Autism

Parenting programme



Wednesday - 25 Feb, 4 March and 11 March 2026



6.30-8.30pm



Online via MS Teams

Join our three-week term-time programme for parents and carers.

This course provides an overview of the Living with Autism course, covering areas where parents commonly need support with their children such as play, sleep and toilet training. Each week will also include information about emotional regulation. All sessions will emphasise a growth approach to autism.

- ★ **Week one:** Understanding autism and your child as an individual
- ★ **Week two:** Practical strategies and approaches to play, sleep and toilet training
- ★ **Week three:** Enabling environments, including education settings.

To enquire or book your place, please contact:

parenting@reading.gov.uk

or call **0118 937 4858**

