

Parent Learning Workshops 2020-2021

All parent learning workshops are being delivered through virtual delivery to the comfort of your home or office.

Please register through our website at www.childre autism.ca on the learning services tab for caregiver education.

There is no cost for any of the workshops. A Zoom code and slides will be emailed to you within 24 hours of the workshop.

Anxiety 101

Wednesday, September 9

11:30-1:00



Many children with ASD experience anxiety. Children who are not able to effectively communicate their anxiety may resort to other challenging behaviours. This workshop explores resources to support children to understand their own anxiety, and will discuss strategies that parents or other professionals can implement on a daily basis to help reduce anxiety.

Expanding on School Routines at Home

Thursday, September 24

6:00-8:00



This session will help parents to implement and practice school-based goals in the home and community settings. Practicing school-based goals at home can be hard, whether your child is attending school in person or virtually. Learning at home for children with autism poses different challenges and we will discuss strategies and tools to make it easier for you and your child.



Part 1: Using Emotional Regulation as a Building Block of Regulation

Thursday, October 1

6:00-8:00



Why does everyone keep talking about “emotional regulation”? What does this mean? This workshop explores the basics of emotional regulation and provides families and professionals with some ideas to try to help their child stay calm and happy throughout their day. We will discover together why it is NOT ABOUT BEHAVIOUR, it is about REGULATION.

Part 2: Using an Emotional Regulation Approach to Managing Challenging Behaviour

Thursday, October 8

6:00-8:00



There are many factors that impact our emotional regulation and behaviour, including distant events such as sleep, new medications, dietary intake, hormonal changes; or immediate events such as requests to do a chore, being told ‘no’, etc. The presenter will explore the reasons behind behaviours of concern and emotional regulation, how to proactively plan to prevent behaviours, and how to support a child/young person’s emotional regulation needs. This is an introductory level workshop intended for parents/caregivers and professionals.

People Can Be Fun: Building Engagement with Your Child

Wednesday, October 21

11:30-1:30



Children with ASD may seem disinterested in people, instead choosing to play by themselves, and may even become upset if someone touches the toys they are playing with. This workshop aims to provide parents and professionals with information and strategies as a starting point to help a child with ASD learn that people can be fun too!



Introduction to Autism

Tuesday, October 27

6:00-8:00



This session will explore the inner workings of Autism Spectrum Disorder (ASD). This session will begin with a foundational understanding of ASD and then dive into autism throughout the years (childhood → adulthood) and through developmental stages.

Expanding Communication: Moving Beyond Requesting

Tuesday, November 3

6:00-8:00



In this session you will learn strategies for increasing the language skills of children who are talking using echolalia, single words or sentences. We will discuss how to facilitate development of their vocabulary, comprehension and sentence structure skills, as well as how to increase their social and functional use of language.

Outdoor Exploration: Fall/Winter

Tuesday, November 17

6:00-8:00



Research confirms that spending time outdoors is one of the most beneficial activities to support positive mental health (for everyone), regulation and to increase problem solving and critical thinking skills. We have many months of cold weather here and you will learn some great ideas to build skills that you can do with your family outdoors in the fall and winter.



Literacy and Sensory Play
Wednesday, November 18

11:30-1:30



Literacy is the building block of learning. Some of the most important skills are easily incorporated into sensory activities. When we combine multiple ways to learn and interact with literacy, we build new and different connections in the brain. Come and learn some great fun activities to enhance vocabulary, social skills, motor skills, and pre-literacy in this session.

Sibling Support Workshop
Saturday, November 21

9:00-12:00



Having a brother or sister with Autism Spectrum Disorder (ASD) is a unique and challenging experience. Parents often spend a lot of time, attention, and resources on their child with ASD, and siblings may feel confused, alone, or less supported at times. This workshop will provide siblings an opportunity to connect with their peers, share their interests, successes and challenges, learn new information, ask questions, and most importantly, have fun! This workshop is for siblings only.

Counting Sheep for Better Sleep
Tuesday, December 1

6:00-8:00



Having a child who is not sleeping well can be very hard for the whole family! This session will cover information about common sleep issues for children of all ages who have ASD. Learn how to set expectations for sleep and strategies to help your child sleep better. Come to this session and find out how to help everyone get a better night's sleep!



Exploring Toileting for Children with ASD

Tuesday, December 8

6:00-8:00



Toileting can be challenging for many families, and there are additional factors to consider for children with ASD. This workshop aims to explore toilet training by discussing common challenges that parents might encounter and provides strategies to support with this complex routine.

What Happens After PUF?

Tuesday, January 12

6:00-8:00



Entering the school system after receiving Program Unit Funding can look different for each child. This workshop provides information on common school options for children with ASD and levels of support provided. It will also explore some strategies to help families and schools with transitions into new programs, new schools, new classrooms, etc.

My Child is a Picky Eater! Now what?

Wednesday, January 20

11:30-1:30



Having a child who is very picky about the items they eat can be challenging and frustrating for any parent. This workshop discusses the theory behind limited food repertoires for children of all ages, and explores strategies to implement food exploration at home with the ultimate goal of expanding a child's food repertoire.



SCERTS for Parents
Thursday, January 21

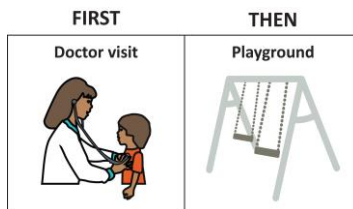
6:00-8:00



SCERTS is the foundational model that is used for clinical practice at Children’s Autism Services of Edmonton. But what does it really mean? This workshop will provide an overview of the SCERTS model and what that looks like in programming for your child.

Using Visual Supports for Communication
Tuesday, February 2

6:00-8:00



Visual supports for communication are used by everyone – think of all the calendars and apps that we (as adults) use to help us manage all of the activities we do each day. Children with autism also need this type of support, both to understand their routines and to express what they cannot yet express in verbal language. This workshop will introduce different visual supports we can use to help our children both understand their day and learn to express themselves.

Movement and Physical Development in Children with ASD
Wednesday, February 17

11:30-1:30



Some researchers suggest that motor deficits could be a potential core feature of ASD. This workshop will cover red flags to watch out for, common conditions, and when not to worry.



Introduction to Autism (Punjabi)

Tuesday, February 16

6:00-8:00



This session will explore the inner workings of Autism Spectrum Disorder (ASD). This session will begin with a foundational understanding of ASD and then dive into autism throughout the years (childhood → adulthood) and through developmental stages. This workshop will be presented in Punjabi.

Pre- and Early Literacy

Tuesday, March 2

6:00-8:00



What are those foundational skills our kids need to become readers? This session will explore some of the most important pre-literacy skills and introduce a variety of activities that will build those skills in fun ways.

Preparing for Adulthood: Beyond Specialized Services

Tuesday, March 16

6:00-8:00



This workshop is targeted for parents who have children between the ages of 13-17 and will explore what services and supports can look like in the transition to adulthood. Topics will include Persons with Developmental Disabilities (PDD) funding, preparing for the job hunt, and available community supports into adulthood.



Learning Through Play

Wednesday, March 17

11:30-1:30



Are you struggling to engage your child with their school work from teachers? Frustrated with sitting at the table to finish a worksheet? Providing your child with appropriate play activities can support their learning in a unique way! This workshop will provide insight into what learning through play is, the benefits and the outcomes. You'll learn fun ideas that you can use in your own home.

Routines-Based Intervention

Wednesday, April 7

11:30-1:30



This session focuses on Dr. Robin McWilliams routines-based early intervention model. It teaches and adheres to the following principles:

- Intervention occurs between visits
- Intervention occurs best in real-life learning moments
- Caregivers are the agents of change in their child's life
- Families – not professionals decide what's right for their child
- Intervention is individualized to the family

During this workshop, professionals will learn the basics of routine-based interview, EcoMap, participant-based goals, family goals, and how to provide support-based home visits. This workshop will provide professional support on how to provide a balance of direct therapy with family lead intervention.



Looking Ahead: Planning for Your Child's Future

Tuesday, April 13

6:00-8:00



This workshop is targeted for parents who have children with disabilities as they look ahead and plan for their children's future. Topics of discussion will include Registered Disability Savings Plans (RDSP), Registered Education Savings Plan (RESP), guardianship, and wills.

Exploring Toileting for Children with ASD

Tuesday, April 20

6:00-8:00



Toilet training can be challenging for many families, and there are additional factors to consider for children with ASD. This workshop aims to explore toilet training by discussing common challenges that parents might encounter and provides strategies to support with this complex routine.

Outdoor Exploration: Spring/Summer

Tuesday, May 4

6:00-8:00



Research confirms that spending time outdoors is one of the most beneficial activities to support positive mental health (for everyone), regulation and to increase problem solving and critical thinking skills. We have many months of cold weather here and you will learn some great ideas to build skills that you can do with your family outdoors in the fall and winter.



Building Engagement

Wednesday, May 19

11:30-1:30



Children with ASD may seem disinterested in people, instead choosing to play by themselves, and may even become upset if someone touches the toys they are playing with. This workshop aims to provide parents and professionals with information and strategies as a starting point to help a child with ASD learn that people can be fun too!

Sibling Support Workshop

Saturday, May 22

9:00-12:00



Having a brother or sister with Autism Spectrum Disorder (ASD) is a unique and challenging experience. Parents often spend a lot of time, attention, and resources on their child with ASD, and siblings may feel confused, alone, or less supported at times. This workshop will provide siblings an opportunity to connect with their peers, share their interests, successes and challenges, learn new information, ask questions, and most importantly, have fun! This workshop is for siblings only.

Counting Sheep for Better Sleep

Thursday, June 10

6:00-8:00



Having a child who is not sleeping well can be very hard for the whole family! This session will cover information about common sleep issues for children of all ages who have ASD. Learn how to set expectations for sleep and strategies to help your child sleep better. Come to this session and find out how to help everyone get a better night's sleep!

More Than Words

Fall Session: Dates and times will be determined by the participants of the group



This course is primarily intended for parents and caregivers, you know how challenging it can be for your child with ASD to interact meaningfully with others and connect with the world around them. This program provides parents with the tools, strategies and support they need to help their children reach their full communication potential.

TalkAbility

Winter Session: Dates and times will be determined by the participants of the group



This course is primarily intended for parents and caregivers. At the TalkAbility program, parents will learn a variety of practical strategies practical and powerful tools to help their high functioning verbal child with social communication challenges “tune in” to the feelings and thoughts of others. This program includes eight informative parent group sessions and three individual sessions with the Hanan Certified Speech Language Pathologist presenting the program.

There will be a child-focused group running at the same time as the parent group. The group will be organized and run by a trained professional to target concepts from the TalkAbility curriculum during social activities capturing their interest (i.e. social games, baking, sports, Lego, etc.)

Triple P – Positive Parenting Program

Fall Session: Dates and times will be determined by the participants of the group



This program helps parents build their skills sets to manage challenging behaviours in a way that meets the developmental level of the child. Parents will learn and practice implementing strategies that will work for their family, and create a ‘toolbox’ of strategies to help them tackle the tough times at home.