



## Parent and Caregiver Education



### Registration is open for our free virtual workshops in August!

Kinark Autism Services offers a variety of virtual education opportunities on a wide range of topics for parents and caregivers of children and youth with Autism Spectrum Disorder (ASD). Our team of Board Certified Behavior Analysts (BCBAs) and clinicians have many years of experience training and coaching parents, caregivers, and other professionals using evidence-based practices.

Our August 2022 workshops will be delivered online via our secure video conferencing platform. Specific instructions will be emailed to registered participants prior to each session. See the dates and times for our workshops below and register at [www.bit.ly/kinarkparented](http://www.bit.ly/kinarkparented).

| DATE & TIME                                 | WORKSHOP   | DATE & TIME                                   | WORKSHOP  |
|---|--|---|---|
| Friday, August 5, 2022<br>9 am – 11 am      | Sexual Health: The Middle Years  | Wednesday, August 17, 2022<br>11 am – 12 pm   | Ask a Psychologist  |
| Tuesday, August 9, 2022<br>11 am – 1 pm     | Going Back to In-Person School Successfully                                    | Wednesday, August 17, 2022<br>11:30 am – 1 pm | Tracking Behaviour  |
| Thursday, August 11, 2022<br>3 pm – 4:30 pm | Keeping Your Child with Autism Spectrum Disorder Safe: Wandering and Elopement | Tuesday, August 23, 2022<br>11 am – 1 pm      | School Series: Advocating for Your Child with Autism Spectrum Disorder (ASD) in the School System |
| Monday, August 15, 2022<br>12 pm – 1 pm     | Kinark Kcreates Q&A: First-Then Board  | Thursday, August 25, 2022<br>9 am – 11 am     | A Parent's Guide to Bullying  |

If you would like more information about our **Parent and Caregiver Education**, or other services available at Kinark, please contact a Kinark Representative at **1-800-283-3377 ext. 0** or email [autisminfo@kinark.on.ca](mailto:autisminfo@kinark.on.ca).

## Workshop Descriptions

### **Sexual Health: The Middle Years**

Puberty is a stage of life we all experience. As a parent or caregiver of a youth with Autism Spectrum Disorder (ASD), this can be an especially challenging time. Learning how to support your youth with ASD to take care of their own health, prepare for the changes that occur during puberty, and develop a healthy awareness of sexuality can reduce the confusion and anxiety your youth may experience. In this workshop, we will explore the topics of puberty, privacy, sexuality, consent, and self-care; and discuss how the principles of Applied Behaviour Analysis can be utilized to teach skills and promote independence. Parents and caregivers will gain information and learn strategies to support their youth during this stage of life.

### **Going Back to In-Person School Successfully**

Transitioning to in-person school after summer and previously attending school online may be a challenging experience for learners and caregivers. Proactive planning and supporting your child with the tools they need ahead of this significant transition can make going back to school in-person a more positive experience. This session presents safety skills to practice, routines, strategies, and visual resources to help prepare for the start of in-person school, as well as the importance of being aware of both child and caregiver mental health throughout this transition.

### **Keeping Your Child with Autism Spectrum Disorder Safe: Wandering and Elopement**

Parents and caregivers view the safety of their children as a significant concern. Children and youth with Autism Spectrum Disorder (ASD) may wander or elope, making them more prone to leaving the safety of a caregiver or support person and wandering from their home, school or community setting. This can cause significant risks for those who may not be aware of possible dangers or harm and can put tremendous stress on families. In this session, you will learn tips and tools to help anticipate the risks, avoid the dangers, and teach the skills your child needs to stay safe at home and in the community.

### **Kinark Creates Q&A: First-Then Board**

If you've watched the Kinark Creates First-Then Board video, you will know that a first-then board is a great tool for increasing your child's motivation to complete tasks they may not like or find difficult. This session is intended for parents who have watched the video and would like to ask questions to an ASD Consultant on how to individualize and implement a first-then board with their child. This video is available to watch here: <https://youtu.be/9zNKARdPm5I>.

### **Ask a Psychologist**

Parents and caregivers of children and youth with Autism Spectrum Disorder (ASD) may experience challenges when understanding and managing their child's behavioural and emotional needs. Children with ASD often struggle with emotional regulation and seeing your child in distress from an angry meltdown, tears of sadness or constant worries can be hard! Come chat with other parents and our psychologist about how to cope when your child has ASD and mental health challenges. This session allows for an interactive experience for parents and caregivers to bring your questions related to ASD and mental health. We will discuss how to support your child, help you understand the assessment process, how to tell your child and/or others about a diagnosis and available resources and strategies to support you and your child.

### **Tracking Behaviour**

Collecting information about behaviour is critical when teaching new skills, especially if you are a parent or caregiver of a child with Autism Spectrum Disorder (ASD). This workshop will cover why, how, and when to track behaviour, and how to use the information collected to select effective strategies. Whether you are already involved with a clinical team and looking to generalize skills to the home or community, or you are waiting to begin working with a service provider and want a head start in developing your child's skills, this workshop is for you! Parents and caregivers will leave this workshop with tools and strategies to track progress and make informed decisions about which strategies to use.

### **School Series: Advocating for Your Child with Autism Spectrum Disorder (ASD) in the School System**

This session focuses on combining key information from school policies and procedures to help you effectively advocate for your child in the school system. You will be provided information on what it means to be an advocate for your child, ways to effectively advocate for them, and the importance of collaborating with your child's school team. Tips, tricks and resources will be shared to help you overcome common challenges that you may face when working with your child's school team.

## **A Parent's Guide to Bullying**

Bullying is pervasive in Canadian schools and communities. Research indicates that children with autism are at a much greater risk of being bullied than their peers. This workshop engages parents who may be concerned about their children being bullied or perpetuating bullying in the presence of their peers. Content includes defining the common types of bullying, identifying a variety of roles that children may play in the context of bullying, and discussing its prevalence. A significant emphasis will be placed on teaching concrete, actionable strategies for parents of children across all stages of childhood (pre-school, school-age, and adolescents) to ensure that you are equipped to prevent and address bullying. Additional strategies are provided to prevent and address cyberbullying due to the increasing use of technology and social media.