

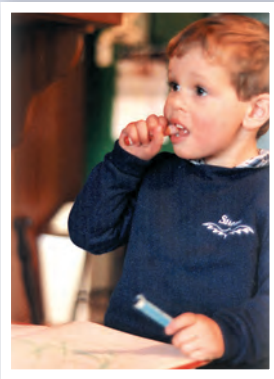
## INFORMATION MEETING

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 return application forms and places are allotted to the next three month programme.

## HOW DO I APPLY?

Please visit our website and fill in the online form or request an expression of interest form from the address below, complete the form and return it to Autism New Zealand.



## 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 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

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

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 as a member of our family

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

## THE NAS EARLYBIRD® PROGRAMME



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



**Autism New Zealand Inc.**  
Including Asperger Syndrome and Related Disorders

**MAIL TO:** PO Box 12599 Thorndon Wellington 6144

**EMAIL:** [training@autismnz.org.nz](mailto:training@autismnz.org.nz)

**PHONE:** 04 470 7616 Fax: 04 470 7617

**WEBSITE:** [www.autismnz.org.nz](http://www.autismnz.org.nz)

This programme is funded by the Ministry of Health and Ministry of Education



Autism New Zealand Inc. is a registered charitable entity in terms of the Charities Act 2005. Registration Number CC21220.

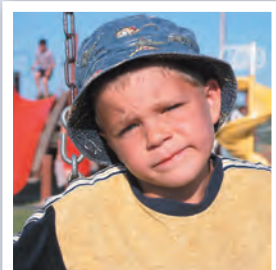
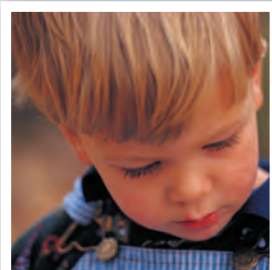


## THE NAS EARLYBIRD<sup>®</sup> PROGRAMME:

- is for parents of young children not yet at school, with a diagnosis, or a probably diagnosis of an autistic spectrum disorder
- is a three month programme working with 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<sup>®</sup> PROGRAMME WORKS IN PARTNERSHIP WITH PARENTS TO HELP:

- understand your child's autistic spectrum disorder
- develop your child's communication
- apply practical strategies to manage your child's behaviour.



### WHAT IS THE EARLYBIRD PROGRAMME?

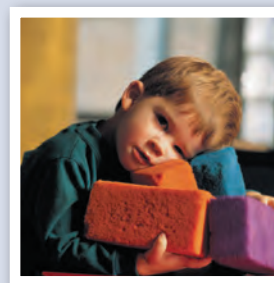
Research has clearly highlighted the importance of support for parents, whanau and carers of people who have autism spectrum disorders. The EarlyBird<sup>®</sup> programme was set up in 1997 to develop and evaluate an early intervention programme for parents, which is specific to the needs of children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

The three month programme combines group training sessions for parents/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<sup>®</sup> PROGRAMME?

Applications for the programme are accepted from parents of children who have not yet started school, who have a diagnosis or a probable diagnosis of an autistic spectrum disorder. Two parents (or carers) from each family may attend.

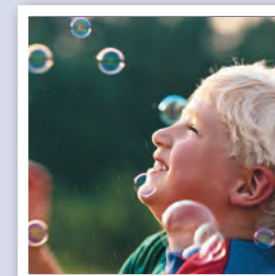


### WHAT ARE THE AIMS OF THE NAS EARLYBIRD<sup>®</sup> PROGRAMME

The aims of the EarlyBird<sup>®</sup> Programme are:

- to support parents in the period between diagnosis and school placement
- to empower parents and help them facilitate their child's social communication and appropriate behaviour within the child's natural environment
- to help parents establish good practice in handling their child at an early age so as to pre-empt the development of inappropriate behaviours
- to complement other services and facilitate parent networking.

NAS EarlyBird<sup>®</sup> programme has been developed by the National Autistic Society, UK.



### PROGRAMME LENGTH AND COMMITMENT

The programme lasts for three months and involves parents in a weekly commitment to a three or six hour training session or home visit as well as ongoing work with their child during the programme.

The family should live within a two hours travelling radius of the base location and should make their own childcare and travelling arrangements.

