



Autism Support Information at 7.

Parent/Caregiver/Whānau Information on Community Supports When Your Child is 7.

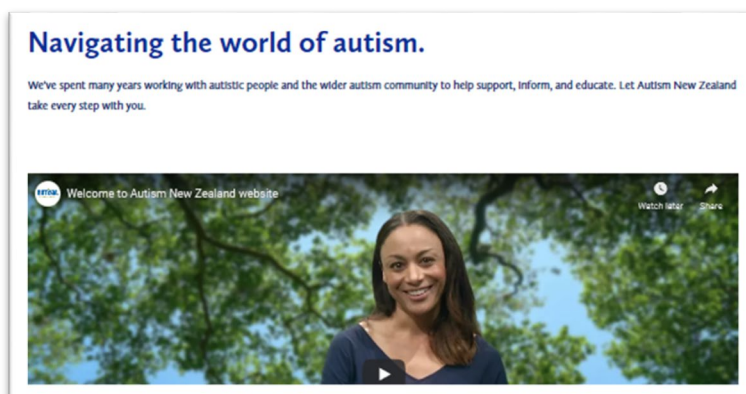
Dear Parents and/or Caregivers, Families and Whānau,

Parenting an autistic child can certainly have its challenges and many families experience a need to update their information and supports when their child is around 7 years old. Parents have indicated they most need information on navigating the resources and supports, parent education about autism, helping their child access learning support at school, developing social skills and on social support for the whole family/ whānau. We have provided links to websites that you can **click on the picture to take you to the website.**

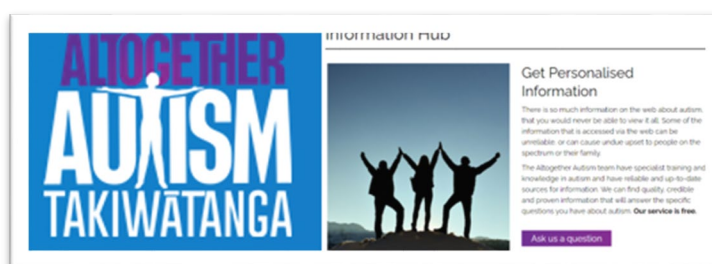
NAVIGATING THE RESOURCES AND SUPPORTS:

finding your way through the autism supports and information can be daunting. The below links may help you to find what you need, or to find someone to help you.

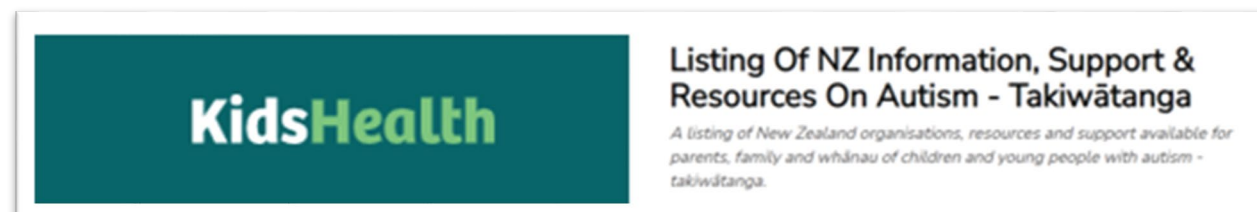
Autism NZ: have resources on navigating the world of autism, education resources and also have a Canterbury Branch which you can ring for individualised information and support.



Altogether Autism: can provide personalised information packages for you. Scroll down for the **School Aged** section for many articles such as getting the right learning supports in place, managing screen time, preparing for school after the holidays, picky eating and supporting peer inclusion.



KidsHealth: this is a NZ website that contains links to health and education support information for parents and caregivers. The link below is to the KidsHealth Autism “landing page” which has a lot of information including a “List of NZ Information, Supports and Resources”. You can also get information on other conditions such as Anxiety and ADHD, as well as other childhood conditions and illnesses by using the Topics A-Z area on the top toolbar.



PARENT EDUCATION ON AUTISM:

Healthcare NZ run an excellent course for parents called “Exploring Autism” This is run in 2 sections: 0-5-year olds and 6-9-year olds. There is often a wait list so register early. Click on the picture to get more information and a registration form, or you can ring their 0800 number to register.



The Exploring Autism programme

6 sessions cover the following topics:

- Introduction to autism
- Social communication
- Sensory processing
- Thinking and learning
- Supporting stress, anxiety and behaviour
- Next steps – into the future

Autism NZ run a range of courses for families and schools including Tilting the Seesaw for Teams and Way to Play. You can ring and speak to an Autism Outreach Coordinator for advice.

Altogether Autism (below) has a useful section on primary aged children.

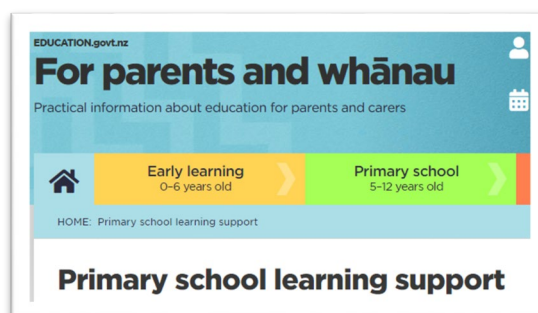
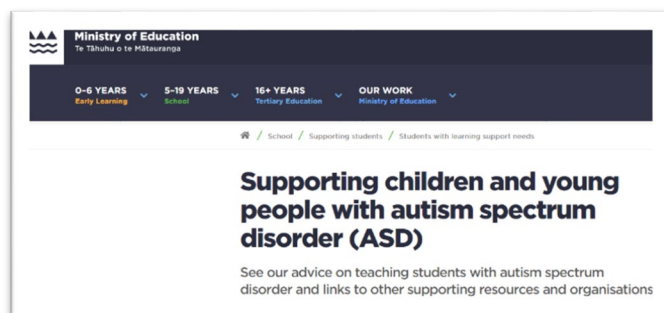
Primary Aged



The early years in school can lay the foundation for future success. In this life stage we have articles about successfully managing change and accessing education supports to give children on the autism spectrum the best chance to thrive. There's also information from parents and professionals about tackling tough issues like managing behaviour, anxiety, sensory sensitivities and working with children's strengths.

LEARNING SUPPORT:

These Ministry of Education links give some useful information and advice on services and supports available including information on supporting a child with autism and the “Incredible Years” programs for parents and teachers of children aged 3-8 years who experience behaviour difficulties.



Altogether Autism gives a good range of resources to promote peer inclusion and understanding of autism in the classroom as well as many articles and resources for school aged children.



Supporting peer inclusion and understanding of autism in the classroom

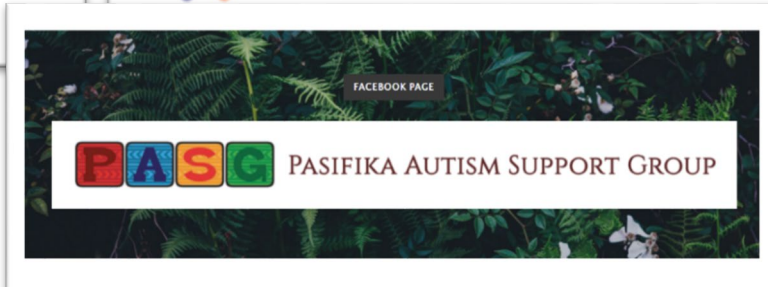
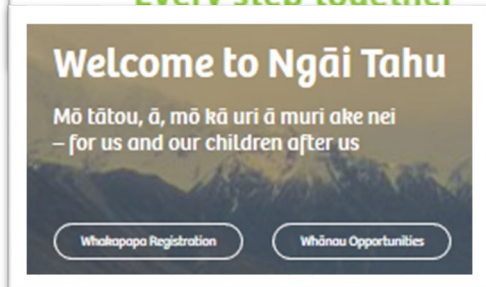
SUPPORT FOR YOU: parenting an autistic child can be rewarding, but it can also be challenging. Non-religious counselling is available from Presbyterian Support or Methodist

Mission. Support is also available from Parent to Parent and Autism NZ (links below), or you can also see your GP who may be able to refer you for further support if you find that your mental health is suffering.

Free Non-religious Counselling: Parent support:

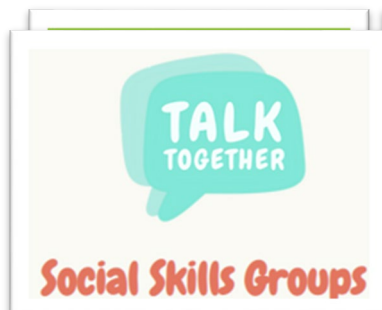


SOCIAL SKILLS AND SUPPORT FOR AUTISTIC SCHOOL AGED



CHILDREN:

Below are links to some examples of social support and social skills groups and activities for autistic children. There are many more, please refer to the information folder that the Autism Coordinator has given you, and the information in your child's support plan.



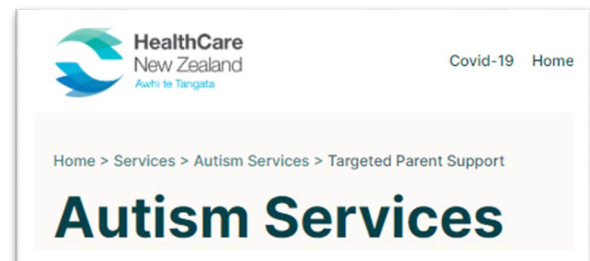
USEFUL LINKS:

LifeLinks: is the needs assessment service coordinator (NASC) which helps with respite care and carer support. If your situation has changed since your last LifeLinks assessment, please discuss this with LifeLinks. If you have a carer support allocation, this may need updating.



Explore (HealthCare NZ) Autism

Services: this includes a link to the excellent Exploring Autism course for parents of a 0-9-year-old child, a link to Targeted Parenting Support to help with working towards developing specific skills and goals, and a link to Explore Specialist Advice for managing challenging behaviour. This includes an 0800 number that you can ring for immediate help.



The Explore website also has a new section on preparing your child for the COVID vaccination.

Preparing for the COVID-19 Vaccination

Getting a COVID-19/Mate Korona vaccine is an important step you can take to protect yourself, your Kaumātua and your whānau/family from the effects of the virus. However, some people are nervous about getting a vaccination, and they need to be supported through it.

We hope that linking you in with information relevant to your child's age will help you to develop your support network.

Matatiki Child & Youth Health

Christchurch Hospital, Private Bag 4710,
Christchurch NZ

Phone: +64 (0)3 364 0731

Email: Child.Health@cdhb.health.nz

