



**Essex County Council**  
Special Educational Needs  
and Disabilities



# Good Beginnings

## Course

A course for parents and carers of autistic children, or those with social communication needs, in reception and younger.



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### **The course covers:**

- understanding autism
- communication
- play
- sensory processing
- supporting distress and emotional regulation
- eating, sleeping and toileting
- managing anxiety

**This course is an opportunity for parents and carers to come together to share experiences and tips in a supportive environment.**



**Scan the QR code to book  
a place**

