

**Power to Parent** is a new type of parenting course! The focus is not on the child alone but all those around them. We focus on how meeting our own needs as parents is paramount and must take centre stage if we are to be the parents we want to be!

## What makes us different?

**Supporting Parents – Enabling Children**

This course sees autism as just another way of being human and embraces difference and change rather than always trying to manage it. We designed the course to meet the need of both parents and carers. With the right support, autistic people can thrive, however the evidence shows that families need targeted support for this to happen. We work to build your individual skills but also create a lasting community of support. No diagnosis necessary

[www.powertoparent.co.uk](http://www.powertoparent.co.uk)

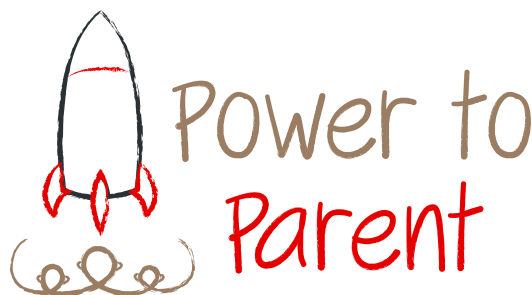


## Who are we?

**Deirdre Nic Sitric** (Dee) is an independent Autism consultant, advocate and trainer who started her own company back in

2015. She has over 25 years of practical experience, working with educational settings, both mainstream and specialist, and with the autistic and neurodiversity community

Her aim first and foremost is to empower autistic students to navigate their world, but also aims to make the world a more autism-friendly environment and the society more accommodating to the neurodiverse. Dee has an energy about her that cannot be rivaled by many and her personality and drive are infectious



## What do we offer?

2hr workshops - £39.99

3 week courses - £129.99

6 week courses - £249.99

Online teachable programme 5 modules with resource - £99

Course				
<b>2hr work shop</b>	3/3 10am	16/3 10am	22/3 10am 22/3 7pm	30/03 10am 30/03 7pm
<b>3 week course</b>	23/2 10am	23/2 7pm	26/2 10am	
<b>6 week course</b>	25/2 10am			
<b>Masking</b>	18/3 10am			
<b>Siblings</b>	26/3 10am			



**Helen Laughton** completed her degree in Primary Teacher Education in 2009. She then worked in two schools in

Oxfordshire. In 2013 Helen and her husband Simon welcomed their son James, now 7. Shortly followed by two little girls, Heidi 5 and Georgie 4.

Their son James was diagnosed with Autism in 2019 and Helen and her family have been working closely with Dee and Autism Champions for the past year. Helen has joined the team combining her knowledge and experience in education alongside the first hand experience of raising a child with autism. Her honesty and humanity are what make her such a power ally for all parents.

