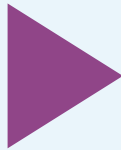




## Programme Content



### The Programme:

#### Mini BACPAC

Professionals and parents will deliver modules designed to increase your knowledge and skills with understanding Autism and using practical strategies to support your child.

### The Criteria:

The criteria for accessing the programme:

- Barnet Resident
- Child has a diagnosis of Autism
- Child is 0-6 years old

### To Register:

To register, click the button below or scan the QR code

[Mini BACPAC Spring Term 2026 booking](#)



### Online sessions link:

Zoom links to be sent for each session once registered.

### In-person location:

The in-person sessions will be at:

**Barnet Autism Hub  
Resources for Autism  
858 Finchley Road,  
NW11 6AB**

### Any questions?

Please email

[Minibacpac@Barnet.gov.uk](mailto:Minibacpac@Barnet.gov.uk)

Topic	Description	Date/Time
<b>1. Understanding Education Health and Care Plans (EHCPs)</b> 	<ul style="list-style-type: none"> <li>•What is an EHCP?</li> <li>•How can an EHCP help my child?</li> <li>•How long this process takes?</li> <li>•Who can help?</li> </ul> Professionals: SENDIASS	<b>Monday 19th January</b> In-person session: 10:00-11:00  <b>Tuesday 20th January</b> Online session: 12:00-13:00 Online session: 19:30-20:30
<b>2. Autism in the Early Years</b> 	<ul style="list-style-type: none"> <li>•What is autism?</li> <li>•Autism and early education.</li> <li>•Autistic voice.</li> <li>•Strategies for support.</li> </ul> Professionals: BEAM	<b>Monday 26th January</b> In-person session: 10:00-11:00  <b>Tuesday 27th January</b> Online session: 12:00-13:00 Online session: 19:30-20:30
<b>3. Eating and Drinking Difficulties</b> 	<ul style="list-style-type: none"> <li>•Understanding of the development of eating and drinking skills.</li> <li>•Practical strategies to use at home.</li> </ul> Professionals: Occupational Therapist	<b>Monday 2nd February</b> In-person session: 10:00-11:00  <b>Tuesday 3rd February</b> Online session: 12:00-13:00 Online session: 19:30-20:30
<b>4. Toileting</b>  	<ul style="list-style-type: none"> <li>•Understanding of the development of toileting skills.</li> <li>•Strategies for promoting using the toilet at home.</li> </ul> Professionals: BEAM + parent	<b>Monday 9th February</b> In-person session: 10:00-11:00  <b>Tuesday 10th February</b> Online session: 12:00-13:00 Online session: 19:30-20:30
<b>5. Promoting Communication</b>  	<ul style="list-style-type: none"> <li>•Development of speech, language and communication.</li> <li>•Strategies for promoting this in the home.</li> </ul> Professionals: Speech Therapist	<b>Monday 23rd February</b> In-person session: 10:00-11:00  <b>Tuesday 24th February</b> Online session: 12:00-13:00 Online session: 19:30-20:30
<b>6. Emotional Regulation and Predictability</b>  	<ul style="list-style-type: none"> <li>•Use of visuals and other strategies for setting up routines in the home, managing changes and transitions.</li> <li>•Autism and early education.</li> <li>•Enhancing predictability as a way to support emotional regulation.</li> </ul> Professionals: BEAM + parent	<b>Monday 2nd March</b> In-person session: 10:00-11:00  <b>Tuesday 3rd March</b> Online session: 12:00-13:00 Online session: 19:30-20:30
<b>7. Understanding Sensory Processing</b> 	<ul style="list-style-type: none"> <li>•Understanding of our 5 senses and 3 hidden senses.</li> <li>•Practical strategies to promote alertness and calm.</li> </ul> Professionals: Occupational Therapist + BEAM	<b>Monday 9th March</b> In-person session: 10:00-11:00  <b>Tuesday 10th March</b> Online session: 12:00-13:00 Online session: 19:30-20:30