





ASD information for parents

Support	Content	Link/Contact
<p>Local offer</p> <p>Luton</p> 	<p>The local offer will help you find information about local services, support and events for children and young people aged 0 – 25 who have special educational needs or disabilities.</p>	<p>Luton: Luton Local Offer</p> <p>Central Beds: Central Beds Local Offer</p>
<p>Local support</p> 	<p>Special Educational Needs and Disability (SEND) parents, children and young person partnership services (maybe referred to by some as Parent Partnership or SENDIASS) offer a range of free and confidential education support services for parent/carers of children with SEND. Information on these services can be found at:</p>	<p>Luton: Luton SENDIAS</p> <p>Central Beds: Central Bedfordshire SENDIASS</p>
<p>FLAG – families in Luton Autism Group</p> <p>SWAN – Support with Autism Network</p> <p>DADS – Dads Autism Discuss Support</p>  	<p>Parents support group run by the Luton ASD team: currently offering online parent meetings via Zoom</p>	<p>Contact: chloe.bishop@luton.gov.uk</p> <p>SWAN</p> <p>DADS</p> <p>FLAG</p>

**Autism
Bedfordshire**



The society was formed by a group of parents in 1991. They met to exchange information and provide support to each other. The group developed, registered as a Charity and is now based in Bedford providing services throughout Bedfordshire and Luton. They aim to provide helpful information, advice and practical support.

Autism Bedfordshire
Salamander House 2
– 10 St John’s Street
Bedford
MK42 0DH

PhoneHelpline 01234 350704

General Enquiries 01234 214871

Email: enquiries@autismbeds.org

Website address: <https://www.autismbedfordshire.net/>

Here are links to the sections on the website to show the **services they are providing to support through the COVID-19 pandemic.**





This includes free resources, including personalised resources, and a social stories service.

Children’s services link - [Autism Bedfordshire COVID-19 support resources](#), and

Adult services link - [Autism Bedfordshire COVID-19 support resources for adults](#).



They are also on **social media** if you would like to follow them for updates:

- Twitter: @autismbeds
- Facebook: Autism Bedfordshire
- Instagram: @abchildrenservices or @adultservicesautismbeds

<p>The National Autistic Society</p> 	<p>The national Autistic Society has an excellent website which includes fact sheets for parents, professionals and siblings. We would strongly recommend this as the initial website for any parent, carer or professional to visit, as it presents a clear, balanced overview of the condition of ASD and its impact on the individual and those around them, and the approaches and support systems that are available.</p>	<p>www.autism.org.uk and www.autism.org.uk/about/what-is.aspx</p>
<p>Autism West Midlands</p> 	<p>contains useful on-line resources for parents</p>	<p>Autism Information Resources (Autism West Midlands)</p>
<p>NHS</p> 		<p>Autism (NHS)</p>
<p>Ambitious About Autism</p> 		<p>Understanding Autism (Ambitious About Autism)</p> <p>Downloadable resources:</p> <p>Coronavirus and autism (Ambitious About Autism)</p>




Videos

<p>East Kent Hospitals</p> 	<p>a series of ASD post diagnosis information online</p> <p>There are talks on:</p> <ul style="list-style-type: none"> What is ASD? Challenging behaviour ASD and sleep Emotional Regulation Sensory Processing ASD and feeding 	<ul style="list-style-type: none"> Children with ASD (East Kent Hospitals) What is Autism? The Autism Spectrum explained Challenging behaviour in children with ASD Children with ASD and sleep difficulties Emotional regulation for children with ASD Introduction to Sensory Processing for Children with ASD: Part 1 Introduction to Sensory Processing for Children with ASD: Part 2 ASD and feeding Interests routines obsessions and compulsions in ASD
<p>University Leicester</p> 	<p>a series of videos designed to help individuals and families develop a greater understanding of childhood autism.</p> <ul style="list-style-type: none"> What is ASD and what causes ASD? Understanding social and communication difficulties. Understanding the difficulties in social imagination. Understanding and managing behavioural problems. Managing sleep problems. Understanding sensory problems 	<ul style="list-style-type: none"> Understanding Autism Spectrum Disorder (ASD) University of Leicester Understanding ASD videos - in English Understanding ASD videos - in Urdu/Hindi Understanding ASD videos - in Punjabi Understanding ASD videos - Gujarati Understanding ASD videos - Bengali

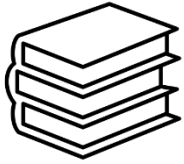
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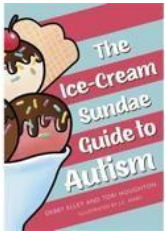
Podcasts

<p>ACAMH</p> 	<p>A podcast series for parents</p> <p>You can listen to this podcast directly on the ACMAH website or on the following platforms; SoundCloud, iTunes, Spotify, CastBox, Deezer, Google Podcasts</p>	<p>A podcast series for parents</p> <ol style="list-style-type: none"> 1. Episode 1 Identifying Autism – getting the right diagnosis <u>Identifying Autism - getting the right diagnosis</u> 2. Discovering Strengths – how to empower your autistic child <u>Discovering Strengths - how to empower your autistic child</u> 3. How autism presents differently in girls <u>How autism presents differently in girls</u> 4. Recognising mental health issues <u>Recognising mental health issues</u> 5. Food sensitivities and proclivities <u>Food sensitivities and proclivities</u>
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Toileting	Raising Children Australian parenting website	Toilet training in children with autism
	National Autistic Society Toileting – a guide for parents and carers	Toilet training in children with autism (NAS guidance)
	North East Autism Society video and information sheets (smearing, tips on toileting routine and training)	Information on toileting (North East Autism Society)



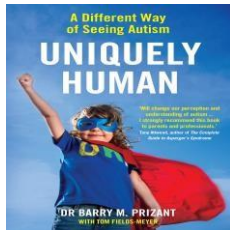
Books



The Ice-Cream Sundae Guide to Autism

The Ice-Cream Sundae Guide to Autism is a colourful and creative book that cleverly uses the metaphor of an icecream sundae to demonstrate diversity within autistic people and the difficulties they face. Different flavours, colours, toppings and glasses go into making each autistic person unique, demonstrating with artistic flare the fact that no two people are the same.

This book is a child-friendly, interactive guide to some of the stickier concepts around autism, including speech and language difficulties, sensory differences and straight-line thinking. These sometimes difficult to unpack elements are broken down and given their respective ingredient in the sundae, making them easy to understand as individual components, but also importantly how they interact.



Uniquely Human

Essential reading for any parent, teacher, therapist, or caregiver of a person with autism: a groundbreaking book on autism, by one of the world's leading experts, who portrays autism not as a tragic disability, but as a unique way of being human. Dr. Barry M. Prizant, offers a new and compelling paradigm: the most successful approaches to autism don't aim at fixing a person by eliminating symptoms, but rather seeking to understand the individual's experience and what underlies the behavior. In "Uniquely Human," Dr. Prizant suggests a major shift in understanding autism: Instead of classifying "autistic" behaviors as signs of pathology, he sees them as part of a range of strategies to cope with a world that feels chaotic and overwhelming. "Uniquely Human" offers inspiring stories, and practical advice drawn from Dr. Prizant's four-decade career working in universities, schools, hospitals, and in private practice, "Uniquely Human" offers a compassionate and insightful perspective that parents, professionals, and family members will find uplifting and hopeful.