

Mind the Gap: Parent Education and Support

2024 Meeting Topics & Objectives

August 7, 2024: Understanding Autism

1. Understand the diagnosis and symptoms of autism
2. Discuss common misconceptions and myths about autism
3. Understand beginning steps of things to do while you are waiting for a diagnosis
4. Understand other diagnoses similar to autism
5. Discuss family dynamics and environmental factors

September 4, 2024: Community and School Services

1. Understand the Individualized Education Program (IEP) and related school services
2. Understand transitioning from Birth to Three services (B-3), to school, to the community
3. Discuss assessments and their purpose

October 2, 2024: Activities and Strategies to Do While Waiting

1. Discuss developmental activities for your child
2. Discuss speech activities for your child
3. Discuss behavior management for your child

November 6, 2024: Self-Care Strategies for the Child and Caregiver

1. Discuss self-care activities for your child such as sleep, toileting and dressing
2. Understand caregiver burden
3. Discuss strategies to support caregivers of autistic children

December 4, 2024: Bullying, Ableism and Advocacy

1. Discuss bullying and autism
2. Understanding ableism and the disability community
3. Discuss advocacy strategies for your child with autism