



RAINBOW LITE

PARENT COURSE EXPLORING AUTISM TOGETHER

A six-week course for parents / carers

Rainbow Lite is a shorter version of the original longer eight-week Rainbow Parent Course. The courses have been developed for parents / carers who have children or young people recently diagnosed as autistic, are on the diagnosis journey, and those who wish to explore more about autism.

The Rainbow course has been written by Angie Purdy and Hazel Smee, both highly experienced specialist teachers and consultants working with families and schools supporting autistic children and young people. Check out their websites on: www.angiepurdystar.co.uk and www.autismsupportandtraining.co.uk

The Rainbow Lite course will be delivered this term by Hazel Smee

The course will be presented through live sessions via Zoom. Each session includes input through a PowerPoint presentation and the opportunity to share experiences, learn from each other and ask questions. A copy of the notes from the presentation are made available before each session.

Places will be limited to ten screens.

COURSE CONTENT

- Week 1 - Exploring autism – building on your understanding of your child.**
- Week 2 - The art of communication – understanding your child's communication skills and how to support them.**
- Week 3 - Being social – how to support your child's social understanding**
- Week 4 - Sensational senses – exploring differences in sensory processing and what it means for your child.**
- Week 5 - Nurturing well-being and emotional regulation – anxiety and helping your child understand how they feel.**
- Week 6 - Behaviour as communication – making sense of the tricky bits.**

DATES FOR SPRING TERM 2025

TUESDAY EVENINGS – 7.45pm – 9.30pm – 25th February, 4th March, 11th March, 18th March, 25th March, 1st April

COST OF RAINBOW LITE PARENT COURSE PER SCREEN: £110

Two family members may attend together on the same screen

Please book your place via the email below. Do email if you have any queries, a phone chat can be arranged if this would be helpful.

Details of payment will be given on booking; payment secures your place.

Please enquire if you would like to pay by instalments.

rainbowparentcourse@gmail.com