

# UNDERSTANDING AUTISM & ANXIETY in the Early Years

**\*\*NEW\*\* MODULE  
FOR 24/25**

*Maintained Nurseries, School EYFS & PVI's*

## Outline

The **INSPIRE Autism Team** are hosting an accredited Autism Education Trust training opportunity. This training is within the *Universal Offer, Ordinarily Available Framework* and so will enable all **staff working in an Early Years setting/school** to identify causes of anxiety and consider reasonable adjustments that can be made to support young autistic children.

## Following training, you will be able to:

- ✓ Understand that autism is a difference rather than a deficit or disorder.
- ✓ Recognise the Three Areas of Difference in autism and how these can impact on a child's levels of anxiety.
- ✓ Recognise the first step to helping a child is to learn about them, their triggers and their preferred means of support.
- ✓ Reflect on practice and implement reasonable adjustments to reduce anxiety in autistic children.

(one session will give you **complete** Understanding Autism & Anxiety AET accreditation)

## SPRING TERM (2)

DATES	TIME	Full Module
Tuesday 25 <sup>th</sup> February	15:45 - 17:15pm	complete
<i>or</i>		
Wednesday 26 <sup>th</sup> March	15:45 - 17:15pm	complete

Book in advance for your training at [inspire@lbhf.gov.uk](mailto:inspire@lbhf.gov.uk)

***\*\*please note that Training session has a minimum of 3 delegates and may therefore be cancelled if below this***

***\*\*\*INSPIRE will also provide bespoke session(s) for individual settings – day/time at your convenience. Contact Andrea Boswell to discuss:  
[andrea.boswell@lbhf.gov.uk](mailto:andrea.boswell@lbhf.gov.uk)***