

# Autism Matters

## Supporting your child

Autism affects 1 in 100 children in the UK. Many people in the adult population are discovering that they also fit within this neuro-divergence and have never received a diagnosis. There is a lot of information swimming around the internet, but what does it mean to be the parent of an Autistic child? This brass tacks session will give you the truth about how to redefine positive parenting, manage the highs and lows and really learn to love the quirky world of Autistic children.

---

## Session Outline

- Getting on the same page
- What can Autism look like?
- Sensory Issues
- Managing meltdowns
- Boys vs Girls
- What about friendships?
- The upside of Autism

---

## Session Includes

Personal attention and feedback in an informal atmosphere

An invaluable booklet complete with information covered on the session

Open forum to ask questions



### Speaker: Gwen Jones

Gwen has an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. Gwen has worked with Educating Matters for 8 years speaking about DEI and Wellbeing. She studied Psychology at the University of Utah and then trained to become a teacher in Special Education, working with children with severe behavioural disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.