

Caring for Autistic children and young people



Building connection, wellbeing, and authentic relationships

Typical parenting advice often overlooks the unique needs of Autistic children and young people.

This workshop invites parents and caregivers to shift the focus from “fixing” behaviours to nurturing connection, authenticity, and wellbeing.

Together we will unpack language, ideas, and approaches that foster understanding, acceptance, and joy in everyday life.

You'll leave with tools to strengthen relationships, enhance communication, and create a supportive environment where your child feels seen, valued, and safe.

In this interactive session, you will:

- Language which helps us to frame a neurodiversity affirming approach to Autism
- Building your own and your Autistic child or young person's wellbeing and happiness
- The importance of authenticity, including the concept of radical acceptance
- How to develop great connections with your Autistic child and communicate with them
- Co-regulation and its importance as a parenting strategy
- Extra tips, strategies and affirming perspectives that support both you and your child to thrive.

Cost

Free

Date and time

Thursday 5 March 2026;
7.30pm to 9:30pm AEDT

Please [adjust for your time zone](#) if necessary

This program is for

Parents, carers and family members of young children with disability, developmental delay or who are neurodivergence.

Location

Online via Zoom. Join us from anywhere in Australia!

More information

This session is sponsored by [MyTime](#).
MyTime offers free, supported groups where parents and carers of children with disability or additional needs can come together to feel understood, share ideas, and access quality information and resources.



Secure your spot now



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