

**Spring Term 2025 CAT PAC – Early Years**

**To be delivered Online via Microsoft TEAM’s**

**We would like to invite you to a CAT PAC awareness course, course for parent carers of autistic children or of children on the Neurodevelopmental pathway.**

* The course has been designed for parents who want to increase their understanding of autism.
* The sessions will be delivered virtually via Microsoft TEAMs, a link will be sent to you a few days before each session.
* Each session will last for 2 hours

**SPRING TERM 2025**

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| Session1 – An introduction to Autism | 28th January 2025: 9.30-11.15am |
| Session 2 – Communication and Interaction | 4th February 2025: 9.30-11.15am |
| Session 3 – Sensory differences | 11th February 2025: 9.30-11.15am |
| HALF TERM |  |
| Session 4 – Eating, sleeping and toileting | 25th February 2025: 9.30-11.15am |
| Session 5 – Emotional regulation | 4th March 2025: 9.30-11.15am |
| Session 6 – Parental choice & Signposting services | 11th March 2025: 9.30-11.15am |

**The subject or title of your email needs to state that it is for the:**

***Spring 2025 Early Years Online CAT PAC***

***In your email please include:***

* Your name and email address
* Your Child / young person’s name and school
* Your child / young person’s CAT worker *(if known)*
* Due to limited places, the course will be offered to the first families to contact us.
* *There is an expectation that parents endeavour to attend all sessions if possible.*
* **Please email *A2EGeneral@birmingham.gov.uk*** to reserve a place. You will receive an email response to confirm your place or to tell you that the course is full.

**Yours sincerely,**

**Dawn Fisher and Julie Watchorn Brennan**