



**Autism
Parents
Connect**

Virtual Workshops 6-part Series

Workshop #1	Understanding how parents drive their child's growth: Introduction to Six Strategies for improving interaction and reducing challenging behavior APC teaches six strategies that, combined, are able to help parents navigate most parenting challenges. APC focuses on teaching how to implement these strategies.
Workshop #2	A deeper dive into understanding self-regulation: reducing the stress and learning to focus on what matters A substantial factor underlying challenging behavior is the child's dysregulation. This workshop helps parents understand what causes dysregulation in their child, how to prevent or reduce it and how to teach coping skills. In addition, it offers parents tools to maintain and model their own self-regulation in the face of highly emotional interactions with their child.
Workshop #3	Modeling self-regulation and setting up your child for success Parents will learn how to help their child grow by setting goals that offer a comfortable amount of challenge without causing tantrums and meltdowns. Parents are taught to view their child's challenging behavior as a skill deficit. That perspective shift helps parents keep their own emotions in check and identify opportunities to build their child's skills.
Workshop #4	Understanding reinforcement to shape your child's behavior; beyond the basics
Workshop #5	Sensory needs and sensitivities, modeling flexibility and getting your child's buy-in
Workshop #6	How our beliefs, words and vision for and about our children shape our parenting This workshop focuses on the parent and how we can replace our limiting beliefs and habits. We conduct visualizations to help parents combat negativity and bolster creativity, and exercises to help acknowledge and release guilt. These exercises are designed to address parenting stress, and the research is compelling that reducing parenting stress improves outcomes in children with ASD.

WORKSHOPS WILL BE HELD ON ZOOM FOR 1-HOUR AND ARE FREE

NEW GROUPS START EACH WEEK

REGISTER

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MORE INFO

www.autismparentsconnect.org

Andrea Pollack, MEd., is the Founder and President of APC. She left her law career to homeschool her son for eight years. She then returned to school, doing some coursework in Social Work and earning her M.S. in Education to become an effective educator and advocate for parent training.