

# AUTISM PARENTING

Child-centred & neuro-affirming

For carers of children  
3yo-young adults

**100% Flexible & Online**  
to fit with your busy life.

**We support you so you can  
support your family.**

We cover :

- ✔ Parental Overwhelm & Your Mental Health
- ✔ Anxiety & PDA
- ✔ Meltdowns/Shutdowns
- ✔ Aggressive Behaviours
- ✔ School Avoidance
- ✔ Sibling Rivalry & Other Relationships

**SUPPORT  
FOR LIFE**

through the program  
& our expert  
counselling support.

**GET STARTED NOW**

See change in as  
little as 7 days!

 **Parental  
Stress Centre**  
*We get you*

**98%**

of parents join using  
their **child's NDIS Plan**

*"My life, our family has changed 100%*

*Where there was resentment there is  
now love and understanding. Rather  
than wanting to escape my family I  
want to be a part of it again."*

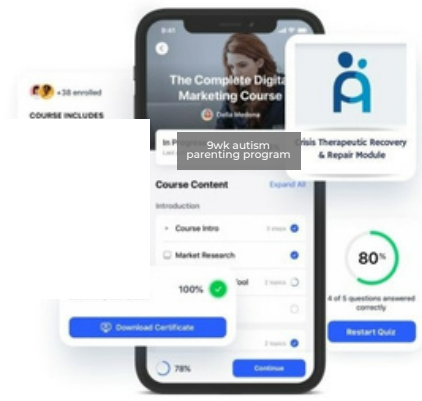
Lisa M.  
Mother of Autistic daughter

Join 3500+ families we've supported

★★★★★ 310+ 5 star Google Reviews

## What you'll learn in more detail:

- 1 Parent & Carer Mental Health, why am I triggered?**  
We dive straight into your well-being which affects the whole family.
- 2 How to upgrade your thinking for immediate change.**  
Reality-Based Thinking Lenses to relieve stress and see this reflected in your child.
- 3 Understanding the world of your child.**  
Autistic brain differences, executive functioning, anxiety (incl PDA), and why this behaviour makes sense for your child.
- 4 Preventing Meltdowns & Shutdowns using S.U.P.E.R.**  
Parenting styles, the conflict cycle, 5 steps of Emotion Coaching.
- 5 In-the-moment strategies for Meltdowns/Shutdowns.**  
The 'what to say and do when' component every parent is looking for.
- 6 School Avoidance & Teaching New Skills.**  
We break down the complex issue of school avoidance.
- 7 Communication, Relationship & Rapport skills.**  
These are the fundamental skills to help both of you overcome barriers.
- 8 What about the rest of my family? Sibling Rivalry & Marital Conflict.**  
We shine a spotlight on the other relationships and how to strengthen them.
- 9 Emotional Regulation, Time Management & Keeping it all together**  
Just as important as topic one, we provide self and co-regulation strategies.



Delivered through our free App & members website

Easy to follow videos + bite-sized audios

Online group Q&A sessions with our expert counsellor

Ongoing lifetime access & support



- ✓ **May be 100% funded** through your child's NDIS Plan: Carer/Parent Training Line item 15\_038\_0117\_1\_3
- ✓ **Both Parents can enrol** under the one fee. Just enrol once and we can provide two separate logins.
- ✓ **Live group Q&A sessions** (approx 2 per month) with expert counsellor, also recorded & sent to you.
- ✓ **Lifetime access** to 30 hours of course material and our community of supportive peers & professionals.

### Beyond the course. Your membership gives you:

- + **14 additional parenting courses** - unlimited lifetime access
- + **5 ebooks**
- + **Lifetime support** through our monthly online Q&A sessions

**Enrol - NDIS Plan \$1495**

**Enrol - Monthly Payment 3 x \$500**

**Enrol - upfront payment \$1495**

### Can I use my Child's NDIS Plan?

- ✓ You must be **Plan Managed or Self Managed** - NDIA managed plans are unable to use us as a service provider.
- ✓ Have funds in the **Capacity Building - Improved Daily Living** Section of the plan (therapy budget).
- ✓ Have **a goal in your child's plan** similar to emotional regulation, behaviour or mental health.
- ✓ You **DON'T need an Autism diagnosis** or Parent Training mentioned in the plan to qualify.