

# Rucksack

## Early Years Autism Programme for Families

### About:

This course is designed specifically for parents/carers of autistic children or children on the autism pathway. It aims to provide you with the essential knowledge, practical strategies and valuable resources to support both you and your child in navigating everyday life.

Week 1: Understanding Autism

Week 2: Sensory

Week 3 : Communication

Week 4: Play and Social Interaction

Week 5: Emotional Wellbeing and Behaviour

Week 6: Using My Rucksack



To self register an interest in the Spring 2026 course starting end of Jan 2026, scan the QR code or click the link and fill in the registration form:

<https://forms.office.com/e/8BkjzexnF?origin=lprLink>

## Parent feedback from 2025 Rucksack sessions



I found all elements of the session relevant and valuable. Each part contributed to a better understanding of the topic and kept me engaged throughout.

The entire session was truly amazing and packed with valuable information. Every part of it offered useful insights, and I found the discussions particularly engaging. It was a great opportunity to deepen my understanding and gain new perspectives. I appreciate the effort that went into making the session so informative and enjoyable.

*Yes, I think it's a great chance to meet other parents going through similar struggles and a safe space to not feel judged or misunderstood.*

Today's session gave me a better understanding of why my son experiences and reacts to things the way he does, and how he sees and perceives the world. It helped me make sense of his behaviours, and I now feel more equipped to support and care for him in ways that truly meet his needs. I feel more understanding and confident in how I can help

*It was a great session, full of valuable information on communication. I really appreciated the dedication of the ladies who answered our questions and shared so many helpful examples.*

**Contact:** [EarlyYearsTraining@hertfordshire.gov.uk](mailto:EarlyYearsTraining@hertfordshire.gov.uk) to find out more.