Parents’ hints and tips collected at the Coffee Afternoon 24/11/22

Useful websites/organisations

<https://sheffieldparentcarerforum.org.uk/>

<https://www.sheffielddownsyndrome.co.uk/>

<https://acctsheffield.org.uk/>

<https://www.sheffieldchildrens.nhs.uk/services/child-development-and-neurodisability/autism-home/autism-support/>

<https://youtu.be/uyfVlsES7Uw> - a video on sleep

Suggested courses:

Incredible years Autism – call the Sheffield Parenting Hub for info (they have lots of other courses as well) <https://www.eventbrite.co.uk/o/sheffield-parent-hub-17631456258>

Being a parent of a child of ASD

Parents may be eligible to apply for:

Disability Living Allowance - <https://www.gov.uk/disability-living-allowance-children>

Carer’s Allowance - <https://www.gov.uk/carers-allowance>

Books:

[https://www.amazon.co.uk/Autism-Asperger-Syndrome-Childhood-diagnosed/dp/1847094929/ref=nodl\_?dplnkId=f9a8f33a-818c-46b2-ae73-5454a46eaf03](https://www.amazon.co.uk/Autism-Asperger-Syndrome-Childhood-diagnosed/dp/1847094929/ref%3Dnodl_?dplnkId=f9a8f33a-818c-46b2-ae73-5454a46eaf03)

Classes:

<https://www.greentop.org/project/spectrum-circus-autism-friendly-classes/>