

# COMMUNICATION AND AUTISM TEAM (CAT)

*COVID-19 & Advice  
for Parents / Carers*



Currently the nation is experiencing a situation we have not seen before. It is requiring us all to change our normal routines and may be causing your child with autism to feel concerned and present some challenges for you as a parent and/or carer.

The Communication and Autism Team are here to help you during this difficult time. Our families and children are really important to us and we are here to provide you with support through our telephone helpline service.

You can get advice and support on a range of topics, including the following:

- Strategies to support access to home routines
- Motivating and engaging your child
- Tips for helping your child /young person to manage their school work at home
- Social communication and interaction
- Sleeping, eating and personal hygiene
- Wellbeing
- Structure and routine
- Coping with new routines
- Helping your child to understand what is happening
- Looking after yourself

We would like to assure you that our support remains available to you by telephone throughout this period.

If you would like to access this service please email [CATParentEnquiries@birmingham.gov.uk](mailto:CATParentEnquiries@birmingham.gov.uk) with the following information:

- Your name
- The telephone number you would like to be contacted on
- The name of your child's school
- Times and dates you are not available

We will then arrange for a member of the team to call you back as soon as possible.

*"We can do this if we all work together as a family"*

Birmingham SEND Youth Forum

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