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December

News and updates

Welcome to your first update from Autism Central. Find out more about the programme.

[About us](#)

Navigating education

This month we are highlighting education resources to help you navigate services and support your child or young person.

Read more online, and access additional resources when you set up an account. Click on 'login or register' on our website to access these.


[Navigating education](#)

Getting help at school

A guide to understand how your autistic child or young person can be supported at school. Covers guidance on preparing for meetings with teachers or SENCOs, with versions for early years,


[Read the eight principles](#)

school years and post 16 education.

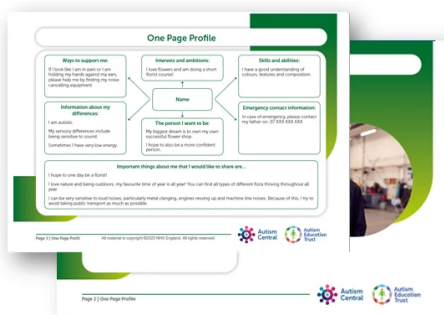
Book a one-to-one

Find help from your regional hub.

Find your hub

Have you seen?

A round-up of resources for parents and carers available when you login to the Autism Central website.



One page profile template

Share what is important to your autistic child or young person and how they want to be supported in education.

Access template

School stress and anxiety

Common reasons for, and strategies to overcome barriers to inclusion in school.

Read the guide

Next month...

- Understanding autism resources

Share this newsletter with people who will find it useful:

Newsletter sign-up



Autism Central is designed to help families learn more about autism and how to navigate support.



Autism Central is a peer education programme, commissioned by NHS England.

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