



Early Years CAT PAC Online - Spring Term 2026

To be delivered online via Microsoft TEAM's

We would like to invite you to a CAT PAC course, our parent awareness course designed to support parent carers of children with a diagnosis of autism or children who are on the neurodevelopmental pathway for assessment and who are on CAT caseload.

The course has been designed for parent carers, who want to increase their understanding of autism in the Early Years.

SPRING TERM 2026

Session1 – An introduction to Autism	12 th January 2026: 12.30-2.30pm
Session 2 – Communication and Interaction	19 th January 2026: 12.30-2.30pm
Session 3 – Sensory differences	26 th January 2026: 12.30-2.30pm
Session 4 – Eating, sleeping, personal care	2 nd February 2026: 12.30-2.30pm
Session 5 – Emotional Regulation	9 th February 2026: 12.30-2.30pm
HALF TERM	
Session 6 – Parent/ carer choice & signposting services	23 rd February 2026: 12.30-2.30pm

- Please email A2Egeneral@birmingham.gov.uk to reserve a place.

The subject or title of your email needs to state that it is for the:

Spring Term 2026 Early Years CAT PAC online– *In your email please include:*

- Your name – Parent carer
- Your Child's name
- Your Child's school (Add your child's CAT worker if known)
- Due to limited places, the course will be offered to the first families to contact us.
- There is an expectation that parents try to attend all sessions if possible.

You will receive an email response to confirm your place on the course, or to tell you that the course is full. Please note there are no childcare facilities at the venue.

Wendy Bantock, Lisa Walmsley and Viv Walters