

WESTMEAD FEELINGS PROGRAM

Help me to understand my feelings.



The Westmead Feelings Program is an evidence-based clinical intervention program designed specifically to build emotion regulation skills and capacity in autistic children. Developed by The Children's Hospital at Westmead, the program was awarded the Advancement Award by Autism Spectrum Australia (Aspect) for innovation in improving the lives of autistic people.



GROUP DELIVERY

Children learn transferable skills with their peers, to recognise and understand emotions in themselves and others.



COMMUNITY SUPPORT

Parents, teachers, school staff and health professionals are upskilled as emotion coaches.



MENTAL HEALTH

Improves emotional competence and mental health in children, family members and teachers.



ACCREDITED FACILITATORS

The program is offered by accredited education and health professionals.

For more information about the Westmead Feelings Program, funding, research or how to enrol your child into the program please speak to your education or health professional or visit www.acer.org/wfp



the children's hospital at Westmead
The Sydney children's Hospitals Network



WESTMEAD FEELINGS PROGRAM

A multi-faceted approach catering to the learning needs of autistic children



Promoting positive change in your children

Positive behaviour supports are embedded into the program to enhance children's engagement in learning.

Sessions for parents, educators and carers foster the use of Westmead Feelings Program skills in school, home and community environments.

Skills are taught in a variety of ways to cater to children's individual learning styles and abilities whether they are visual, verbal, observational or hands-on learners.

Developmentally appropriate videos provide realistic examples of emotional and social situations that children can easily relate to.

Teaching through the use of educational games, activities and interactive videos makes learning fun.

Sessions supporting children throughout the school year

