

What is Riding the Rapids?

Riding the Rapids is a free course for parents and carers of children who have a diagnosis of Autism, severe learning disabilities or complex physical disabilities. The course aims to help parents to understand and manage challenging behaviour shown by their child.

Research shows that parents and carers who attend Riding the Rapids can:

- Make effective changes to their child's behaviour
- Increase their coping skills and confidence in dealing with behaviour

Riding the Rapids was developed in Manchester by the clinical service for children with disabilities. It has been researched by the Social Policy and Research Unit at the University of York and shown to be highly effective.



The Course

Each weekly session covers a different aspect of understanding and managing the behaviour of children with Autism or another disability.

Parents and carers start the course by deciding on a target behaviour they would like to change, and then putting together a plan to tackle it. Using a variety of strategies



The course takes place for 2 hours a week for 10 weeks

Parents and carers develop strategies through discussion, direct teaching, practising ideas and watching videos of parents talking about strategies they can use. Parents and carers put strategies into place between sessions.

We will offer a follow up meeting a few months after the course has finished.

The Course

Courses are facilitated by professionals from Specialist Children's Services. Courses are sometimes co-run with other professionals who have been trained in Riding The Rapids.

Most of our courses are for parents/carers of primary-aged children (4-11)

People who attend Riding The Rapids:

- Have a child with an Autism Spectrum diagnosis, and or/ severe learning disabilities AND experiencing difficulties with their child's behaviour.
- Live with, or have very frequent contact with their child
- Are able to commit to a ten week course.
- And try strategies between sessions.