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February

# News and updates

Autism Central

## Adolescence

In this video Dr Naomi Fisher and Eliza Fricker talk about the brain changes which go on during adolescence and what these might look like for autistic children.

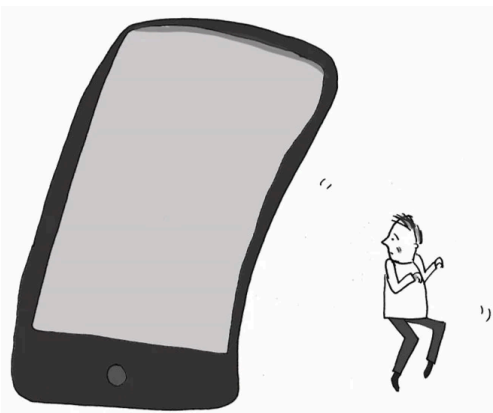
[Find out more](#)



## Screen time

In this video Dr Naomi Fisher and Eliza Fricker discuss what parents can do to help children develop a healthy relationship with screens.

[Find out more](#)



## Book a one-to-one

Find help from your regional hub.

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### Parenting neurodivergent siblings

In episode five of the relationships podcast, Holly Sprake-Hill meets Dawn Hockey and Louise Elliman, who share their experiences around parenting neurodivergent siblings.

Listen now

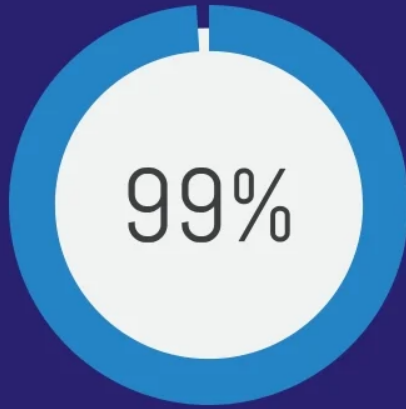


### Growing up with neurodivergent siblings

In episode six of the relationships podcast, Holly Sprake-Hill meets two autistic young people, Leona Lavery and Fraser Parry, to talk about growing up with neurodivergent siblings.

Listen now





## Latest programme numbers

Read more about Autism Central and see the latest numbers of parents and carers learning more about autism through the programme.

[Read more](#)

## Online course for personal assistants

This course is for paid carers of autistic people to gain a deeper understanding of autism and how to support the autistic person they work with.

*"awesome content bridged my knowledge gap"*



[Find out more](#)

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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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