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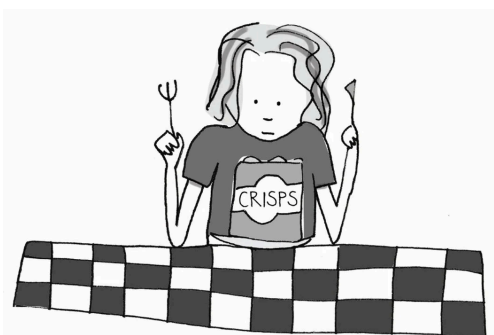
January

# News and updates

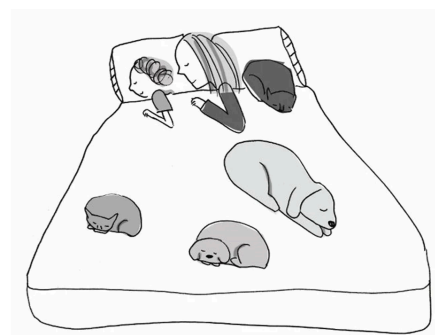
Autism Central

## New series: Low-demand parenting

The series of seven webinars with Dr Naomi Fisher and Eliza Fricker is for parents and carers to understand more about low-demand parenting approaches and how to apply them in areas such as eating or sleep.



Eating



Sleep

Many parents are worried about what their children eat. In this episode we talk about why eating can be difficult and how parents can help.

In this episode we talk about how parents can help autistic children to get the sleep that they – and their parents – need.

[Find out more](#)

## Book a one-to-one

Find help from your regional hub.

[Find your hub](#)

### Relationships podcast

The second series of the Autism Central podcast with Holly Sprake-Hill focuses on autism and relationships.

Episodes three and four are the latest to be published:



### Autism and sex education

Sarah Noble and Harvey Range talk about the Sex Education Matters project for autistic young people and why effective sex education is so important.

### Autism, sex and intimacy

Neurodivergent sex therapist Tigarose Nercessian discusses differences autistic people may experience around sex and relationships and how to keep yourself safe.

[Listen now](#)

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## 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](#)



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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