

What is Riding the Rapids?

Objectives

Riding the Rapids is a 10 session group-based intervention for parents and carers of Autistic children and young people, children and young people with significant Learning Disabilities, and those on the pathway for Autism assessment.

With well-being at its centre, Riding the Rapids supports parents and carers to understand and reduce their child's stress, distress, anxiety related behaviour, or other behaviours of concern. The programme uses a structured, neuro-affirmative approach. It increases parents' confidence and coping, and supports families to thrive. The intervention includes:

- understanding distress and distress-related behaviours, and other behaviours of concern, in the context of neurodiversity and children's lived experience
- making environmental changes to support children's emotional well-being and regulation
- understanding sensory differences and using sensory strategies
- using tailored communication approaches
- strengthening parent-child teamwork and relationships
- co-regulation in times of increased distress or crisis
- supporting parents self-care and promoting parental coping and wellbeing