



## PROVINCIAL PRESCHOOL AUTISM SERVICE



Winter 2026

# Autism Education Series Schedule

*The Provincial Preschool Autism Service (PPAS) is a partnership between IWK Health, Nova Scotia Health, Hearing and Speech Nova Scotia, and Autism Nova Scotia*



# WHAT IS THE AUTISM EDUCATION SERIES?

The Autism Education Series includes **free online programs** and **videos** to support families of preschool-aged children with autism learn ways to support their child in any setting. They are open to all families and caregivers.

Health care professionals helped create these resources, so the information is trustworthy. In our virtual sessions, families will learn and share together.

You can use the strategies you learn to support your child's daily routines.

## WHAT'S COVERED?

- ▶ Learning more about autism
- ▶ Supporting your child's communication, play, and daily routines like toileting and mealtime
- ▶ Sharing with other parents and caregivers
- ▶ Preparing for your child's transition to school



## START YOUR LEARNING TODAY

You can visit the [Autism Education Series](#) on our website to start learning now.

Our website includes **videos and handouts** on topics we've heard are important to families. You can access these videos at any time and learn at your own pace.

Some videos are available in French and Arabic.

Scan here:



# WINTER 2026 SCHEDULE

All sessions are online through **Zoom**.

## HOW TO REGISTER:

- ✓ Click on the link for each online session listed below or visit [Autism Education Series](#).
- ✓ Enter your name and email.
- ✓ You'll get a Zoom link sent to your email inbox.

Date	Time	Online Sessions Registration Links
January 23, 2026	12:00 pm – 1:30 pm	<a href="#">Understanding Behaviour</a>
January 26, 2026	10:00 am – 11:30 am	<a href="#">Engagement and Social Communication</a>
January 27, 2026	1:30 pm – 3:00 pm	<a href="#">Getting to Know PPAS</a>
January 28, 2026	9:30 am – 11:00 am	<a href="#">Understanding Autism: Practical Information for Families</a>
January 30, 2026	12:00 pm – 1:30 pm	<a href="#">Toileting Basics</a>
February 9, 2026	1:00 pm – 2:30 pm	<a href="#">Understanding Behaviour</a>
February 10, 2026	9:00 am – 10:30 am	<a href="#">Getting to Know PPAS</a>
February 13, 2026	10:30 am – 12:00 pm	<a href="#">Mealtime Basics</a>
February 16, 2026	9:30 am – 11:00 am	<a href="#">Understanding Autism: Practical Information for Families</a>
February 18, 2026	1:00 pm – 2:30 pm	<a href="#">Toileting Basics</a>
February 19, 2026	10:00 am – 11:30 am	<a href="#">Engagement and Social Communication</a>
March 12, 2026	10:00 am – 11:30 am	<a href="#">Navigating Funding Programs and Community Resources</a>
March 23, 2026	1:00 pm – 2:30 pm	<a href="#">Mealtime Basics</a>
March 24, 2026	9:30 am – 11:00 am	<a href="#">Engagement and Social Communication</a>
March 25, 2026	12:00 pm – 1:30 pm	<a href="#">Getting to Know PPAS</a>
March 26, 2026	10:00 am – 11:30 am	<a href="#">Supporting Sleep</a>
March 30, 2026	12:00 pm – 1:30 pm	<a href="#">Navigating Funding Programs and Community Resources</a>
March 31, 2026	5:00 pm – 6:30 pm	<a href="#">Toileting Basics</a>



# SESSION DESCRIPTIONS



---

## **Understanding Autism: Practical Information for Families**

We will talk about what an autism diagnosis means, common traits, and other conditions that can happen at the same time. We will also share helpful resources, including neurodiversity-affirming books. We'll also share tips for how to talk about autism with your child, their siblings, and your extended family.

---

## **Understanding Behaviour**

Learn about the ABCs of behaviour. This is a simple way to understand why behaviour happens and how to teach new, helpful skills using clear and easy strategies. You will also learn simple ways to track progress over time.

---

## **Engagement and Social Communication**

Learn helpful ways to build a strong connection with your child and notice the different ways they communicate. You will learn how to create opportunities for your child to communicate and how to support their communication skills. You will also learn how the ABCs of behaviour connect to engagement and social communication.

---

## **Toileting Basics**

Learn about toileting skills for autistic preschoolers. You will explore how ready your child is and what support may help them be successful. You will also learn how to set a small, doable toileting goal and how the ABCs of behaviour can help with building toileting skills.

---

## **Transition to School**

Hosted by the Provincial Preschool Autism Service in partnership with the Department of Education and Early Childhood Development, and Nova Scotia Early Childhood Development Intervention Services. Sessions offer tips and tools to help families get ready for their child to start Grade Primary. The goal is to help children feel ready, confident, and excited as they begin school. Families will learn what to expect, how to prepare, and ways to support their child during this big step.

---



# SESSION DESCRIPTIONS



## Mealtime Basics

Learn helpful ways to support your child at mealtime. You will pick one small, simple step to work on with your child to help make mealtimes easier. You will also learn how the ABCs of behaviour relate to your child's mealtime skills. Helpful mealtime resources will be shared.

## Supporting Sleep

Learn why sleep is important, what healthy sleep looks like, and simple ways to help your child sleep well. You will learn how to create a consistent bedtime routine and how to set up a bedroom that supports good sleep. You will also learn how the ABCs of behaviour relate to your child's sleep. Helpful sleep resources will be shared as well.

## Getting to Know the Provincial Preschool Autism Service (PPAS)

In this session, you will learn about the Provincial Preschool Autism Service (PPAS) and how the team can support your child during the preschool years. You will also have a chance to ask questions and learn about the services and supports available.



## Navigating Funding Programs and Community Resources

Families will learn about community supports and resources, including available funding programs, how to apply for and use these supports, and other helpful community resources.

Not seeing something you are looking for?  
More programs will be coming in our Spring 2026 schedule.



You can use the strategies from  
the Autism Education Series in  
your child's daily routines.

Visit us online to start learning  
today.

Scan here:



[iwkhealth.ca/ppas](http://iwkhealth.ca/ppas)