



PROVINCIAL PRESCHOOL AUTISM SERVICE



Spring 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.

Healthcare 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:



SPRING 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](#).
- ✓ Complete a short form.
- ✓ You'll get a Zoom link sent to your email inbox.

For questions, please contact: autismeducators@iwk.nshealth.ca

Date	Time	Online Sessions Registration Links
April 8, 2026	5:30 pm-7:00 pm	Understanding Autism
April 10, 2026	9:30 am-11:00 am	Getting to know PPAS
April 15, 2026	9:30 am-11:00 am	Understanding Behaviour
April 15, 2026	12:00 pm-1:30 pm	Mealtime Basics
April 16, 2026	2:30 pm-4:00 pm	Engagement and Social Communication
April 22, 2026	9:30 am-11:00 am	Toileting Basics
April 22, 2026	5:30 pm-7:00 pm	Supporting Sleep
April 23, 2026	10:30 am-12:00 pm	Navigating Funding Programs and Community Resources
April 27, 2026	2:30 pm-4:00 pm	NEW! Growing Social Connections
April 28, 2026	9:30 am-11:00 am	NEW! Understanding Behaviour – Part 2: What We Do Next
April 29, 2026	12:00 pm-1:30 pm	NEW! Safety Basics: Prevention, Planning, and Skill Building
May 4, 2026	2:30 pm-4:00 pm	Understanding Behaviour
May 6, 2026	5:30 pm-7:00 pm	Understanding Autism
May 8, 2026	12:00 pm-1:30 pm	Getting to know PPAS
May 13, 2026	12:00 pm-1:30 pm	Engagement and Social Communication
May 19, 2026	1:30 pm-3:00 pm	Mealtime Basics
May 20, 2026	11:00 am-12:30 pm	Navigating Funding Programs and Community Resources



Date	Time	Online Sessions Registration Links
May 21, 2026	10:00 am-11:30 am	<u>Toileting Basics</u>
May 22, 2026	1:00 pm-2:30 pm	<u>Supporting Sleep</u>
May 26, 2026	9:30 am-11:00 am	NEW! <u>Growing Social Connections</u>
May 27, 2026	12:00 pm-1:30 pm	NEW! <u>Safety Basics: Prevention, Planning, and Skill Building</u>
May 27, 2026	5:30 pm-7:00 pm	NEW! <u>Understanding Behaviour – Part 2: What We Do Next</u>
June 3, 2026	9:30 am-11:00 am	<u>Getting to know PPAS</u>
June 5, 2026	9:30 am-11:00 am	<u>Understanding Autism</u>
June 9, 2026	9:30 am-11:00 am	<u>Understanding Behaviour</u>
June 10, 2026	5:30 pm-7:00 pm	<u>Engagement and Social Communication</u>
June 11, 2026	10:00 am-11:30 am	<u>Navigating Funding Programs and Community Resources</u>
June 12, 2026	9:00 am-10:30 am	<u>Mealtime Basics</u>
June 16, 2026	1:30 pm-3:00 pm	NEW! <u>Growing Social Connections</u>
June 17, 2026	1:00 pm-2:30 pm	<u>Toileting Basics</u>
June 23, 2026	9:00 am-10:30 am	<u>Supporting Sleep</u>
June 24, 2026	1:00 pm-2:30 pm	NEW! <u>Understanding Behaviour – Part 2: What We Do Next</u>
June 26, 2026	9:00 am-10:30 am	NEW! <u>Safety Basics: Prevention, Planning, and Skill Building</u>

TRANSITION TO SCHOOL



We encourage you to watch the 3-part webinar series below before attending.

[Part 1: Embracing the Adventure of School](#)

[Vivre pleinement l'aventure scolaire](#)

Learn about school and the supports available to your child.

[Part 2: Ready, Set, School](#)

[À vos marques, prêts, à l'école!](#)

Plan, prepare, and practice skills that will help with a successful school transition.

[Part 3: Building Bridges and Creating Connections](#)

[Établir des ponts et créer des liens](#)

Create a good working relationship with your child's school team

Date	Time	Online Sessions Registration Links
April 8, 2026	12:00 pm - 1:00 pm	Transition to School Q&A (English)
April 13, 2026	12:00 pm - 1:00 pm	Transition to School Q&A (French)
April 14, 2026	10:00 am – 11:00 am	Mi'kmaw Family of Schools Q&A sessions
May 6, 2026	10:00 am – 11:00 am	Mi'kmaw Family of Schools Q&A sessions
June 2, 2026	1:00 pm - 2:00 pm	Transition to School Q&A (French)
June 10, 2026	11:00 am - 12:00 pm	Transition to School Q&A (English)



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.

NEW! Understanding Behaviour – Part 2: What We Do Next

This session will build on our virtual session Understanding Behaviour by going deeper into how the ABC framework can guide both prevention and skill development. Topics will include how to prevent behaviours before they happen, how to teach meaningful replacement behaviours that meet the same need, and how to use motivation, prompting, and reinforcement to support lasting skill development.

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.



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.

Transition to School

These sessions are hosted by PPAS in partnership with the Department of Education and Early Childhood Development, Nova Scotia Early Childhood Development Intervention Services, and the Mi'kmaw Family of Schools. Sessions offer an opportunity for families to ask questions about getting ready for their child to start Grade Primary. To help you feel prepared, we encourage families to watch our 3-part webinar series, [Let's Go to School! and Préparez-vous à la rentrée!](#), on our website before attending.

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.



SESSION DESCRIPTIONS



NEW! Growing Social Connections

Learn about social skills and how they relate to autism. In this session, you will explore how to better understand your child's current social strengths and needs, how to choose a meaningful goal, and practical strategies to help your child develop their social skills. You will also learn how the ABCs of behaviour connect to supporting and strengthening your child's social interactions with others.

NEW! Safety Basics: Prevention, Planning, and Skill Building

In this session, you will explore how to understand your child's current safety awareness, how to identify key safety goals, and practical strategies to help your child respond safely in everyday situations. You will also learn how the ABCs of behaviours can be used to teach and reinforce safe behaviours effectively.

Not seeing something you are looking for? Reach out to autismeducators@iwk.nshealth.ca
More programs will be coming in our Summer 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