PROVINCIAL PRESCHOOL
AUTISM SERVICE

Fall 2026

Virtual 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:

FALL 2026 SCHEDULE

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 Teams link sent to your email inbox.

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

September			
Date	**Time**	**Session Topic**	**Registration Link**
Sept. 8	1:30 p.m.–3:00 p.m.	Understanding Autism	Register here
Sept. 9	9:30 a.m.–11:00 a.m.	Mealtime Basics	Register here
Sept. 14	9:00 a.m.–10:30 a.m.	Getting to Know PPAS	Register here
Sept. 14	10:30 a.m.–12:00 p.m.	Engagement and Social Communication	Register here
Sept. 15	10:30 a.m.–12:00 p.m.	Toileting Basics	Register here
Sept. 15	12:30 p.m.–2:00 p.m.	Understanding Behaviour	Register here
Sept. 16	12:00 p.m. –1:30 p.m.	Supporting Sleep	Register here
Sept. 17	2:00 p.m.–3:30 p.m.	Growing Social Connections	Register here
Sept. 21	9:00 a.m.–10:30 a.m.	Understanding Behaviour – Part 2: What We Do Next	Register here
Sept. 21	12:00 p.m.–1:30 p.m.	Navigating Funding Programs and Community Resources	Register here
Sept. 22	9:30 a.m.–11:00 a.m.	**NEW! Supporting Flexibility**	Register here
Sept. 22	1:30 p.m.–3:00 p.m.	Safety Basics: Prevention, Planning, and Skill Building	Register here
Sept. 23	12:00 p.m.–1:30 p.m.	**NEW! Successful Outings**	Register here

October			
Date	**Time**	**Session Topic**	**Registration Link**
Oct. 2	9:00 a.m.–10:30 a.m.	Understanding Autism	Register here
Oct. 5	9:30 a.m.–11:00 a.m.	Getting to Know PPAS	Register here
Oct. 6	9:30 a.m.–11:00 a.m.	Understanding Behaviour	Register here
Oct. 6	1:30 p.m.–3:00 p.m.	Mealtime Basics	Register here
Oct. 7	12:00 p.m. –1:30 p.m.	Engagement and Social Communication	Register here
Oct. 8	2:00 p.m.–3:30 p.m.	Supporting Sleep	Register here
Oct. 9	9:30 a.m.–11:00 a.m.	Toileting Basics	Register here
Oct. 14	9:30 a.m.–11:00 a.m.	Growing Social Connections	Register here
Oct. 14	12:00 p.m. –1:30 p.m.	Safety Basics: Prevention, Planning, and Skill Building	Register here
Oct. 22	10:00 a.m.–11:30 a.m.	Navigating Funding Programs and Community Resources	Register here
Oct. 27	9:30 a.m.–11:00 a.m.	**NEW! Supporting Flexibility**	Register here
Oct. 27	1:30 p.m.–3:00 p.m.	**NEW! Successful Outings**	Register here
Oct. 28	9:30 a.m.–11:00 a.m.	Understanding Behaviour – Part 2: What We Do Next	Register here
November/December			
Nov. 9	2:00 p.m.–3:30 p.m.	Understanding Autism	Register here
Nov. 10	1:30 p.m.–3:00 p.m.	Getting to Know PPAS	Register here
Nov. 17	1:30 p.m.–3:00 p.m.	Understanding Behaviour	Register here
Nov. 18	12:00 p.m. –1:30 p.m.	Engagement and Social Communication	Register here

November/December			
Date	**Time**	**Session Topic**	**Registration Link**
Nov.18	1:00 p.m.–2:30 p.m.	Navigating Funding Programs and Community Resources	Register here
Nov.18	9:30 a.m.–11:00 a.m.	Mealtime Basics	Register here
Nov. 24	1:30 p.m.–3:00 p.m.	Toileting Basics	Register here
Nov. 26	2:00 p.m.–3:30 p.m.	Supporting Sleep	Register here
Dec. 1	9:30 a.m.–11:00 a.m.	Growing Social Connections	Register here
Dec. 1	1:30 p.m.–3:00 p.m.	Understanding Behaviour – Part 2: What We Do Next	Register here
Dec. 2	12:00 p.m.–1:30 p.m.	Safety Basics: Prevention, Planning, and Skill Building	Register here
Dec. 7	9:30 a.m.–11:00 a.m.	**NEW! Supporting Flexibility**	Register here
Dec. 8	1:30 p.m.–3:00 p.m.	**NEW! Successful Outings**	Register here
Dec. 9	11 a.m.–12:30 p.m.	Navigating Funding Programs and Community Resources	Register here

Can't attend a live session?

Explore Autism Education Series videos and resources anytime, at your own pace.

iwkhealth.ca/ppas

SESSION DESCRIPTIONS

NEW! Strengthening Flexibility Through Play and Routines

Explore your child's current flexibility across daily routines, including play. You will learn how to choose a meaningful goal and use simple, practical strategies to help your child handle changes and transitions more smoothly. The ABCs of behaviour will be woven throughout the session to help you notice what happens before a challenge, how your child responds, and what follows after. This will guide how you teach, support, and reinforce flexible behaviours during everyday routines and play.

NEW! Helping Your Child Participate in Community Outings

Explore how your child currently manages community outings such as haircuts, grocery shopping, appointments, and other meaningful family activities. You will learn how to choose a meaningful goal and use simple, practical strategies to help your child participate more comfortably and confidently in these outings. The ABCs of behaviour will guide how you understand what happens before a challenge, how your child responds, and what follows after—helping you teach and reinforce successful participation across everyday community experiences.

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.

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.

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.

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.

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

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.

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.

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SESSION DESCRIPTIONS

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.

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.

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? Reach out to autismeducators@iwk.nshealth.ca

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Visit us online to start learning today.

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