



Free online resources

Child and youth development

Children with autism or neurodiversity

Learn strategies that fit the unique needs of your autistic or neurodivergent child. Parents and caregivers can choose from live webinars or on-demand videos on a variety of topics.

Behaviours, emotions & social skills

- Behaviour challenges
- Building early social interactions
- Emotional regulation
- Sensory processing

Daily living skills

- Dealing with constipation in children
- Helping children thrive with routines
- Sleep troubles
- Toilet training

Gross motor skills

- Autism and motor skills

Supports for parents and caregivers

- Taking care of the caregiver
- Your child's diagnosis

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