

# The TOTS Study



## Trialling the *Tuning in to Toddlers* program for parents of young children diagnosed with autism

We are conducting a research study to investigate if this program helps families understand how to support and manage their child's emotion development and regulating emotions.

### Who can take part?

Parents/primary caregivers of young children:

- aged (18-48 months);
- diagnosed with autism, or awaiting confirmation of a diagnosis;
- and experiencing some difficulties with emotions.

Participation involves parents attending between 8 to 10 one-hour sessions with a therapist, completing some questionnaires about your child and family before and after the program (about 1.5 hours each), and a post-program interview (no more than an hour).



### For more information:

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