


## SEND Support for parents

Here is a list of information websites, tips and resources to help you support your children with their additional needs, learning and self-esteem. Children have varying needs and there is no 'one size fits all' approach. Many children have needs which span all these areas, so choose the resources that meet the needs of your child, without worrying too much about the area that they fall under. Everyone has strengths and weaknesses and these SEND strategies will be beneficial to many children, whether or not they have a diagnosis.

Please do contact Ms Havard at school if you have any questions or feel that your child needs any additional support or resources.

ASD	
Information Websites	<p><a href="https://www.autism.org.uk/">https://www.autism.org.uk/</a></p>
Tips	<ul style="list-style-type: none"> <li>- Children with Autism need structure and routine. You can help them by using visual timetables to help them see what is happening at each step of the day, so they know in advance what they will be doing next. This will relieve some of their anxiety. A free visual timetable resource can be found her - <a href="https://l.ead.me/bbTE3n">https://l.ead.me/bbTE3n</a></li> </ul> <div style="text-align: center;">  <p>Click on this button.</p> </div> <ul style="list-style-type: none"> <li>- You might want to set a specific place for them to do any work or tasks. At school they may have this in the form of a workstation to support their learning (see example here <a href="https://www.autismspectrumteacher.com/setting-up-a-classroom-for-pupils-with-autism/">https://www.autismspectrumteacher.com/setting-up-a-classroom-for-pupils-with-autism/</a> ). Each child's workstation may differ slightly, so you could ask your child to help you set one up that will suit them or that they are already used to.</li> <li>- Prepare them for changes in routine.</li> <li>- Help your children to recognise and name different emotions and feelings. You can do this by discussing their own emotions, how characters in books and on TV programmes might be feeling and how you yourselves might be feeling. Alongside naming the emotion, describe it and explain why you, they or fictional characters might be feeling like that. You can also play role play guessing games and ask them to name the emotion and say why. We have found this book, called 'The Colour Monster' to be very useful at school. <a href="https://www.youtube.com/watch?v=Ih0iu80u04Y">https://www.youtube.com/watch?v=Ih0iu80u04Y</a></li> <li>- Use a 5 point scale to support children in managing their emotions. There is a 5 point scale uploaded on the website.</li> <li>- Use social stories and comic strip cartoons to help children understand different situations and perspectives and address inappropriate behaviour. There is advice about making social stories here <a href="https://www.autism.org.uk/advice-and-">https://www.autism.org.uk/advice-and-</a></li> </ul>

	<p><a href="#">guidance/topics/communication/communication-tools/social-stories-and-comic-strip-conversations</a></p> <p>Please contact school if you would like more advice about making social stories</p> <ul style="list-style-type: none"> <li>- Be aware of your child’s sensory needs and support them in managing that need to help them learn e.g. sound reducing earphones if noise is a problem, comfortable clothes, keep the area surrounding the work space clear to avoid over-stimulation etc.</li> <li>- Play lots of games with your child. You could play games with rules such as snap, snakes and ladders, hide and seek etc or you could make up your own games using balls, lego and anything else you can find in the house. Playing games with your child builds social skills, such as taking turns and dealing with winning and losing.</li> </ul>
Resources	<p>Social skills resources:</p> <p><a href="http://autismteachingstrategies.com/free-social-skills-downloads-2/">http://autismteachingstrategies.com/free-social-skills-downloads-2/</a></p>
<b>ADHD</b>	
Information Websites	<p><a href="https://www.adhdfoundation.org.uk/information/parents/">https://www.adhdfoundation.org.uk/information/parents/</a></p> <p>General Info on ADHD - <a href="http://www.adders.org/info170.htm">http://www.adders.org/info170.htm</a></p> <p>Self esteem - <a href="http://www.adders.org/info79.htm">http://www.adders.org/info79.htm</a></p> <p>Managing ADHD - <a href="http://www.adders.org/info58.htm">http://www.adders.org/info58.htm</a></p>
Tips	<ul style="list-style-type: none"> <li>- Offer routines and structure</li> <li>- Create a quiet space for them to learn with no distractions.</li> <li>- Give them something to fiddle with whilst you are talking to them or you want them to focus. It can also be helpful to let them move around whilst they listen.</li> <li>- Ask them to do one task at a time</li> <li>- Provide checklists or visual timetables to support organisation.</li> <li>- Use timers to help with time management and build in frequent movement breaks.</li> <li>- Suggest rather than criticise (children with ADHD often have low self-esteem)</li> <li>- Provide lots of opportunities for exercise and movement.</li> <li>- Set up a reward scheme to encourage them and support them with their behaviour. There is some good advice about how to set up a reward system here <a href="https://www.parents.com/toddlers-preschoolers/discipline/the-right-way-to-set-up-a-reward-system-for-kids/">https://www.parents.com/toddlers-preschoolers/discipline/the-right-way-to-set-up-a-reward-system-for-kids/</a></li> <li>- Build on success and help children to pursue more of what they enjoy.</li> <li>- Put clear boundaries in place.</li> </ul>
Resources	<p><a href="https://www.thebodycoach.com/blog/pe-with-joe-1254.html">https://www.thebodycoach.com/blog/pe-with-joe-1254.html</a></p> <p>Play games on consoles such as just dance, Wii Sports etc. to get your kids moving</p>

### Specific difficulties with Reading, Writing and Spelling (Dyslexia)

Information Websites	<p><a href="https://www.bdadyslexia.org.uk/advice/children/how-can-i-support-my-child">https://www.bdadyslexia.org.uk/advice/children/how-can-i-support-my-child</a></p> <p><a href="https://www.understood.org/en/school-learning/learning-at-home/homework-study-skills/8-working-memory-boosters">https://www.understood.org/en/school-learning/learning-at-home/homework-study-skills/8-working-memory-boosters</a></p>
Tips	<p>- It is important to encourage children to recognise and pursue the areas in which they excel (do more of what they enjoy) and support them with the areas they find difficult.</p> <p>-Allow children to use a word processor to complete some written tasks. This highlights spelling errors and offers alternatives. If they can't type, encourage them to learn, so that they are able to use a Word Processor with more speed and fluency. BBC Dance Mat Typing is a great free touch typing programme  <a href="https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr">https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr</a></p> <p>-Play games to support memory skills e.g. pairs, Go Fish etc. Look at this site for some more suggestions <a href="https://childhood101.com/short-term-memory-games/">https://childhood101.com/short-term-memory-games/</a></p> <p>-Enable children to access age related audiobooks to develop a love of reading. Encourage (don't force or push) them to share what's happening in the story and share their excitement, wondering aloud what will happen next. This will also develop their vocabulary and comprehension, without them even realising that they are learning. For free audio stories during lockdown visit <a href="https://stories.audible.com/start-listen">https://stories.audible.com/start-listen</a></p> <p>-Try to make reading fun. Encourage children to read one page and you read the next page. Read some books to them for pleasure and invite them to read a section if they want to but don't push if they don't want to. By developing a love of books and stories children will naturally want to learn how to read, so make the experience as pleasurable as you can.</p>
Resources	Free Phonics games - <a href="https://www.phonicsplay.co.uk/">https://www.phonicsplay.co.uk/</a>

### Motor Coordination Disorder/Dyspraxia

Information Websites	<a href="https://dyspraxiafoundation.org.uk/">https://dyspraxiafoundation.org.uk/</a>
Tips	<ul style="list-style-type: none"> <li>- Allow children to use a word processor to complete some written tasks. If they can't type, encourage them to learn, so that they are able to use a Word Processor with more speed and fluency. BBC Dance Mat Typing is a great free touch typing programme  <a href="https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr">https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr</a></li> <li>- Ask them to do one task at a time</li> <li>- Use timers to help with time management and build in frequent movement breaks.</li> <li>- Provide checklists or visual timetables to support organisation.</li> <li>- Play games where you are both learning a new skill.</li> <li>- Help your children develop their fine and gross motor skills and core stability. There are some useful suggestions here  <a href="https://dyspraxiafoundation.org.uk/wp-content/uploads/2013/10/classroomguidelines.pdf">https://dyspraxiafoundation.org.uk/wp-content/uploads/2013/10/classroomguidelines.pdf</a></li> </ul>
Resources	Motor skills development: <a href="https://www.lincolnshirecommunityhealthservices.nhs.uk/application/files/2915/2285/5110/1st_Move.pdf">https://www.lincolnshirecommunityhealthservices.nhs.uk/application/files/2915/2285/5110/1st_Move.pdf</a>

Specific difficulties with Maths (Dyscalculia)	
Information Websites	<a href="https://www.sess.ie/categories/specific-learning-disabilities/dyscalculia">https://www.sess.ie/categories/specific-learning-disabilities/dyscalculia</a> <a href="https://www.bdadyslexia.org.uk/dyslexia/neurodiversity-and-co-occurring-differences/dyscalculia-and-maths-difficulties">https://www.bdadyslexia.org.uk/dyslexia/neurodiversity-and-co-occurring-differences/dyscalculia-and-maths-difficulties</a>
Tips	<ul style="list-style-type: none"> <li>- Concentrate on one problem at a time.</li> <li>- Use lots of visuals and physical resources that the children can move around.</li> <li>- Draw the problem where possible. Look at these sites for other helpful practical strategies <a href="https://blog.brainbalancecenters.com/2016/02/5-strategies-for-managing-dyscalculia">https://blog.brainbalancecenters.com/2016/02/5-strategies-for-managing-dyscalculia</a> <a href="https://childmind.org/article/how-to-help-kids-dyscalculia/">https://childmind.org/article/how-to-help-kids-dyscalculia/</a></li> <li>- Include children in supporting you with everyday maths problems e.g. cooking, measuring, money etc.</li> <li>- Acknowledge that they find Maths hard and praise them for trying.</li> </ul>
Resources	<a href="https://whiterosemaths.com/homelearning/">https://whiterosemaths.com/homelearning/</a>
Speech and Language	
Information Websites	<a href="https://www.livewellsouthwest.co.uk/childrens-services/speech-and-language">https://www.livewellsouthwest.co.uk/childrens-services/speech-and-language</a> <a href="https://www.thecommunicationtrust.org.uk/">https://www.thecommunicationtrust.org.uk/</a>
Tips	<p>The first website above <a href="https://www.livewellsouthwest.co.uk/childrens-services/speech-and-language">https://www.livewellsouthwest.co.uk/childrens-services/speech-and-language</a> is the Plymouth Children’s Speech and Language Service website. It contains some fantastic advice and resources for children with any kind of speech and language difficulty. It really is worth checking out.</p> <p><b>Speech sounds</b></p> <ul style="list-style-type: none"> <li>- Model speech to children by repeating words back to them correctly rather than correcting them. So if your child says “Look, wed bus”, you then repeat “Yes, it’s a red bus”</li> </ul> <p><b>Understanding:</b></p> <ul style="list-style-type: none"> <li>- Give children time to process (think about) what you have asked and respond.</li> <li>- Use simple language and break instructions down into smaller steps.</li> <li>- Encourage children to answer questions, such as who, what, where, when and why? when sharing their books. Encourage them to tell you the story in their own words.</li> </ul> <p><b>Expression</b></p> <ul style="list-style-type: none"> <li>- Talk about all your experiences in detail, teaching new vocabulary all the time. So if your child says “We go on bus” you could say “Yes, we went on the big, green bus”</li> <li>- Discuss vocabulary in books, making sure the children understand the meaning of tricky words.</li> </ul> <p><b>Social Communication</b></p> <ul style="list-style-type: none"> <li>- Play lots of games with your child to encourage social skills, such as taking turns and winning and losing.</li> </ul>