

COMMUNICATION INTERACTION TEAM

Support for Parents

This document has been written with the intention of supporting parents and children with SLCN during this difficult time when they may not be able to attend school.

Read the social story about corona virus (Attached to email – social story Covid 19). This will ensure that your child is getting a factual and consistent information. Think about the messages from social media and the news they are getting...is this helpful or does it need to be limited?

Children thrive on routine and it will help your child feel safe and secure; try and plan your child's day, possibly with the use of a visual schedule that loosely follows their school day. (See visuals and schedules PDF) For primary this would include more formal learning in the morning and topic lessons/fun activities in the afternoon, for secondary they could follow their current timetable. Lots of secondary schools use online platforms to set work e.g google classroom, MyEd; check to see what home learning has been set by class teacher.

Try and get out for a walk, or do some exercise. This could include some sensory breaks throughout the day. Being with nature is great for our mental health and you are able to go for 1 walk a day, please comply with government advice.

Think about where in your house or garden you can create a calm down space or pop up tent with some calming activities...music, yoga, calm down breathing, colouring. There are some brilliant apps to support mindfulness such as headspace.

Take this opportunity to involve your child in practical life lessons they may not learn at school, family finances, changing a tyre, cooking the dinner, how to post a letter...

If you are trying to do some formal learning with your child try to clear the space of distractions and electronics. You may need use a first and then board...First a little bit of work followed by a motivator. This may need to be used with a timer or wait buttons.

There are lots of free resources to help with learning: Here are a few examples but a more extensive list will be attached to this email. (online resources)

Twinkl: enter the code UKTWINKLHELPS for free access for a month

Teachers pay teachers: filter for the UK and click free, you can find hundreds of work sheets and activities

Resources your school have sent home

Pinterest for craft activities.

Play games that involve team building skills, sharing and taking turns...take this opportunity to do the things you'd like to do but under normal circumstances can't because our busy lives stop us from doing so! (Jenga, UNO)

Plan activities around your child's interest e.g. Lego, art. Remember this all counts as fun learning! How can you use this in more formal learning? E.g. Lego blocks to help with fractions.

OFFICIAL:SENSITIVE

Ask school to send you a copy of child's IEP/one page profile it will hopefully be full of helpful strategies to support your child.

Reduce your language when giving instructions, you may need to reduce to 1 or 2 step instructions during times of anxiety. Use visuals reminders if needed, and allow processing time.

Don't forget to include lots of down time and don't put too much pressure on yourselves to be 'learning' all day, while we know that routine is very important for our children; so is creating space for them to manage their emotions in this worrying time. This in itself is a massive life lesson...for us all! Take care and look after each other.

List of useful websites:**National Autistic Society**

www.autism.org.uk

Autism Education Trust

www.autismeducationtrust.org.uk

I CAN Help Enquiry Service - Open Monday, Tuesday and Wednesday, 9:30am to 4:30pm.

Got a question or concern about a child's speech and language development? You can speak to one of our speech and language specialists for advice and guidance by calling: **020 7843 2544**

<https://ican.org.uk/>

ICAN Talking point

<https://ican.org.uk/i-cans-talking-point/parents/resources/>

Our team of speech and language therapists have written a selection of handouts with information, suggestions and tips for supporting children's speech, language and communication development

National Literacy Trust

<https://literacytrust.org.uk/resources/tips-talking-your-baby-and-young-child/>

Tips and resources when communicating with your baby and young child.

https://literacytrust.org.uk/family-zone/?mc_cid=1a89f05f20&mc_eid=00e295bd75

As a response to school closures, National Literacy Trust have developed a comprehensive web portal for parents, to support them during this time. Over the next days, weeks and months they will be updating this as often as they can with new and useful content for parents.

Small Talk (National Literacy Trust)

<https://small-talk.org.uk/3-5-years/>

Small Talk, 'little ways to make a big difference' games and activity ideas

AFASIC

<https://www.afasic.org.uk/help-for-your-child/not-talking/afasic-helpline/>

Ring the Afasic Parents' Helpline on **0300 666 9410** during opening hours – Monday & Wednesday: 10.30am to 4.00pm.

The Communication Trust

<http://www.thecommunicationtrust.org.uk/resources/resources/resources-for-parents/>

Downloadable resources and advice for parents and professionals.

Commtapp Communication Activities

<https://en.commtap.org/>

Resources for developing children's and adults' communication skills created by speech and language therapists and other specialists. These resources are suitable for use by speech and language therapists, school or centre staff, parents and carers.

CBeebies

<https://www.bbc.co.uk/cbeebies/grownups/speech-and-language-difficulties>

Discover what you can do to help your child learn to communicate with these strategies to help children make themselves understood and express their feelings. Mr Tumble's stories and nursery rhymes are a lovely resource.

Raising Awareness of Developmental Language Disorder (DLD)

<https://radld.org/>

MindEd

<https://mindedforfamilies.org.uk/#/>

MindEd is a free learning resource about the mental health of children, young people and older adults.

<http://www.communication4all.co.uk/>

<https://do2learn.com/>

<https://www.headspace.com>

Headspace is **meditation made simple**. It will teach you the life-changing skills of meditation and mindfulness in just a few minutes a day.