

SEND support during the school closure

This is a list of information websites, tips and resources to help you support your children with their additional needs, learning and self-esteem. The pack covers:

- ASD
- ADHD
- Dyslexia/literacy challenges
- Dyspraxia/motor coordination difficulties
- Dyscalculia
- Speech and Language

Children have varying needs and there is no one size approach fits all. It is quite common for children to have additional needs that span all these areas, so select the resources that meet the needs of your child, without worrying too much about the label or category 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.

(Nb. this has been adapted from another source; please let us know if any errors, or if you have additional useful links).

ASD	
Information Websites	https://www.autism.org.uk/ https://www.autism.org.uk/about/family-life/parents-carers.aspx https://www.nhs.uk/conditions/autism/autism-and-everyday-life/help-for-day-to-day-life/
Tips	<ul style="list-style-type: none"> - 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 (see visual timetable cards sent out by school). - You might want to set a specific place for them to do any work or tasks. At school they may have had this in the form of a workstation, or 'office' to support their learning. 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. Use could use a large piece of cardboard to create a screen on which to pin useful reminders, timetables, key spellings etc. - Preparation for changes in routine; explain clearly in advance if something will be different, and use visuals to reinforce wherever possible. - 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. You can also play role play guessing games and ask them to name the emotion and say why.

	<ul style="list-style-type: none"> - Use the Zones of Regulation model to help children to make sense of their emotions (see support ppt on school website). - Use social stories and comic strip cartoons to help children understand different situations and perspectives and address inappropriate behaviour. (Link below to find out how to do them if you're unsure) - 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. - Play lots of games with your child to encourage social skills, such as taking turns and winning and losing.
Resources	<p>https://www.freeoutreach.org.uk/Resources/</p> <p>Visual timetable cards (see attached)</p> <p>Social stories and comic strip cartoons: https://www.autism.org.uk/about/strategies/social-stories-comic-strips.aspx</p> <p>Social skills games: https://www.twinkl.co.uk/resources/specialeducationalneeds-sen/specialeducationalneeds-sen-social-emotional-and-mental-health-difficulties/sen-friendship-and-social-skills</p> <p>http://autismteachingstrategies.com/free-social-skills-downloads-2/</p>
ADHD	
Information Websites	<p>https://www.adhdfoundation.org.uk/information/parents/</p> <p>General Info on ADHD - http://www.adders.org/info170.htm</p> <p>Self esteem - http://www.adders.org/info79.htm</p> <p>Managing ADHD - http://www.adders.org/info58.htm</p>
Tips	<ul style="list-style-type: none"> - Offer routines and structure - Create a quiet space for them to learn with no distractions. - 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. - Ask them to do one task at a time, perhaps with a (movement) break in between - Provide checklists or visual timetables to support organisation. Post-its are good for older children who can jot notes/ read. - Use timers to help with time management and build in frequent movement breaks. - Suggest rather than 'tell' (children with ADHD often have low self-esteem)

	<ul style="list-style-type: none"> - Provide lots of opportunities for exercise and movement. - Set up a reward scheme to encourage them and support them with their behaviour. - Build on success and help children to pursue more of what they enjoy. - Put clear boundaries in place.
Resources	<p>https://www.thebodycoach.com/blog/pe-with-joe-1254.html</p> <p>Play games on consoles such as Just Dance, Wii Sports etc. to get your kids moving</p>
Dyslexia & literacy challenges	
Information Websites	<p>https://www.bdadyslexia.org.uk/advice/children/how-can-i-support-my-child</p> <p>https://www.understood.org/en/school-learning/learning-at-home/homework-study-skills/8-working-memory-boosters</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 of their 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.</p> <p>-Play games to support memory and retention e.g. pairs, Go Fish etc. (see resource links for more ideas)</p> <p>-Enable children to access age related audiobooks to develop a love of reading. Encourage 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. Audible are offering free listening stories during school closures.</p> <p>-Try not to make reading a battle. Encourage chn to read one page and you read the next page, or sentence by sentence. Read some books to them for pleasure and invite them to read a section if they want to (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	<p>Free spelling practice and support https://spellingframe.co.uk/</p> <p>Dancemat Typing – free beginners typing course for children. https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr</p> <p>Free Phonics games - https://www.phonicsplay.co.uk/</p> <p>https://www.weareteachers.com/working-memory/</p> <p>https://www.understood.org/en/school-learning/learning-at-home/homework-study-skills/8-working-memory-boosters</p>

	<p>Free audio stories https://stories.audible.com/start-listen</p> <p>Free reading games and activities https://www.teachyourmonstertoread.com/</p> <p>Nessy are also offering a 'virtual school parent pack' online bundle of reading, writing and spelling resources discounted to £24 for 2 months. https://www.nessy.com/uk/</p>
Motor Coordination Disorder/Dyspraxia	
Information Websites	<p>https://dyspraxiafoundation.org.uk/</p> <p>http://www.movementmattersuk.org/</p>
Tips	<ul style="list-style-type: none"> - 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. - Offer routines and structure - Create a quiet space for them to learn with no distractions. - 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. - Ask them to do one task at a time - Provide checklists or visual timetables to support organisation. - Use timers to help with time management and build in frequent movement breaks. - Help your children develop their fine and gross motor skills and core stability (see resources below) - They don't have to sit for all tasks – perhaps they can read /write / draw while lying down (builds upper core strength). -
Resources	<p>Dancemat Typing – free beginners typing course for children. https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr</p> <p>Motor skills development: https://www.lincolnshirecommunityhealthservices.nhs.uk/application/files/2915/2285/5110/1st_Move.pdf</p> <p>Visual timetable (see attached)</p>
Dyscalculia	
Information Websites	<p>https://www.sess.ie/categories/specific-learning-disabilities/dyscalculia/tips-learning-and-teaching</p> <p>https://www.bdadyslexia.org.uk/dyslexia/neurodiversity-and-co-occurring-differences/dyscalculia-and-maths-difficulties</p> <p>https://blog.brainbalancecenters.com/2016/02/5-strategies-for-managing-dyscalculia</p>

	https://www.understood.org/en/school-learning/partnering-with-children/school/instructional-strategies/at-a-glance-classroom-accommodations-for-dyscalculia
Tips	<ul style="list-style-type: none"> - Concentrate on one problem at a time. - Use lots of visual resources and physical resources that the children can move around. - Include children in supporting you with everyday maths problems e.g. cooking, measuring, money etc. - Discuss any vocabulary before attempting the task e.g. do they know what subtraction means / less than/ more than etc - It sometimes helps if the child can draw the problem using strategies already taught in class e.g. bar method, or use their own ideas e.g. simple pictures so that they can 'see' the problem.
Resources	https://whiterosemaths.com/homelearning/ https://www.10ticks.co.uk/
Speech and Language	
Information Websites	https://www.tamesidehospital.nhs.uk/our-services/community-services/speech-and-therapy.htm https://www.thecommunicationtrust.org.uk/
Tips	<p>Speech sounds</p> <ul style="list-style-type: none"> - <u>Model</u> speech to the children by repeating words back to them correctly but try not to do this with all sounds in one go if there are many. Focus on one or two at a time. <p>Understanding:</p> <ul style="list-style-type: none"> - Give children time to process what you have asked and respond. - Use simple language and break instructions down into smaller steps. - Encourage children to answer questions, such as who, what, where, when and why? When reading their books. Encourage them to tell you the story in their own words. Google Colourful Semantics to help with the who/ what doing/ where/ when cards. <p>Expression</p> <ul style="list-style-type: none"> - Talk about all your experiences in detail, teaching new vocabulary all the time. - Discuss vocabulary in books, making sure the children understand the meaning of tricky words. You could use a simple mind map with the word in the middle and focus on where would you find it? What sound does it start with? What sound does it end with? Who would use it? What colour is it? What does it rhyme with? How many syllables does it have? Pick and choose from the list according to the needs of your child. <p>Social Communication</p> <ul style="list-style-type: none"> - Play lots of games with your child to encourage social skills, such as taking turns and winning and losing. - Use a visual timetable and visual aids to provide structure and routines.

Resources	<p>https://www.thecommunicationtrust.org.uk/ Continue to work on Speech and Language targets set by the Speech and Language Therapist (if already seen).</p> <p>https://www.thecommunicationtrust.org.uk/resources/resources/resources-for-parents/</p> <p>Social skills games: https://www.twinkl.co.uk/resources/specialeducationalneeds-sen/specialeducationalneeds-sen-social-emotional-and-mental-health-difficulties/sen-friendship-and-social-skills</p> <p>http://autismteachingstrategies.com/free-social-skills-downloads-2/</p>
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