

Supporting your child's needs at home

Autistic Spectrum Disorder/Condition

Information Websites:

<https://www.autism.org.uk/>

<https://www.autism.org.uk/about/family-life/parents-carers.aspx>

Tips

- 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.
- You might want to set a specific place for them to do any work or tasks. At school they have access to working at a separate desk (or workstation) if they find this easier.
- Prepare them for changes to daily routine.
- 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 (see below in **Resources**).
- Use a 5 point scale to support children in managing and communicating their emotions.
- Use social stories and comic strip cartoons to help children understand different situations and perspectives and address inappropriate behavior (see below in **Resources**).
- Have a visual aid to support wanted and unwanted behaviours (see below in **Resources**).
- 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:

Visual timetable: <https://integratedtreatmentservices.co.uk/?resource=visual-strategies>

Managing emotions: <https://www.boardmakeronline.com/Activity/587518>

Social stories and comic strip cartoons: <https://www.autism.org.uk/about/strategies/social-stories-comic-strips.aspx>

5 point scale: <https://www.5pointscale.com/>

Social skills games: <https://www.twinkl.co.uk/resources/specialeducationalneeds-sen/specialeducationalneeds-sen-social-emotional-and-mental-health-difficulties/sen-friendship-and-social-skills>

These websites have a wealth of all sorts of resources to support your child:

<http://autismteachingstrategies.com/free-social-skills-downloads-2/>

<https://integratedtreatmentservices.co.uk/resources/speech-and-language-therapy/>

Attention Deficit Hyperactivity Disorder

Information Websites:

<https://www.adhdfoundation.org.uk/information/parents/>

General Info on ADHD - <http://www.adders.org/info170.htm>

Self esteem - <http://www.adders.org/info79.htm>

Managing ADHD - <http://www.adders.org/info58.htm>

Tips:

- 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.
- Suggest rather than criticise (children with ADHD often have low self-esteem)
- 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:

<https://www.thebodycoach.com/blog/pe-with-joe-1254.html>

Still have a Nintendo Wii? Play games on consoles such as Just Dance, Wii Sports etc. to get them moving!

Dyslexia

Information Websites:

<https://www.bdadyslexia.org.uk/advice/children/how-can-i-support-my-child>

<https://www.understood.org/en/school-learning/learning-at-home/homework-study-skills/8-working-memory-boosters>

Tips:

- 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.

-Allow children to use *Word* to complete some written tasks. This highlights spelling errors and offers alternatives. If they can't type, encourage them to practice Touch Typing to increase speed and fluency.

-Play games to support working memory and retention e.g. pairs, Go Fish etc.

-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.

-Don't make reading a fight. Encourage children to read one page and you read the next page or read aloud with them at the same time (paired reading). Reading is for pleasure and purpose so encourage them to read a whole range of texts- instructions, comics, recipes, shopping lists etc. By developing a love of books/stories and seeing reading as a life skill, children will naturally want to learn how to read.

Resources:

Dancemat Typing – free beginners typing course for children.

<https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr>

Free Phonics games - <https://www.phonicsplay.co.uk/>

<https://www.understood.org/en/school-learning/learning-at-home/homework-study-skills/8-working-memory-boosters>

Free audio stories <https://stories.audible.com/start-listen>

Motor Coordination Disorder/Dyspraxia

Information Websites:

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

<http://www.movementmattersuk.org/>

Tips:

- Offer routines and structure
- Allow children to use Word to complete some written tasks. This highlights spelling errors and offers alternatives. If they can't type, encourage them to practice Touch Typing to increase speed and fluency.
- 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.
- Play lots of games with your child to encourage social skills, such as taking turns and winning and losing.
- Help your children develop their fine and gross motor skills and core stability (see resource below)

<https://dyspraxiafoundation.org.uk/wp-content/uploads/2013/10/classroomguidelines.pdf>

Resources:

Dancemat Typing – free beginners typing course for children.

<https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr>

Motor skills development:

https://www.lincolnshirecommunityhealthservices.nhs.uk/application/files/2915/2285/5110/1st_Move.pdf

Free online daily sessions with O.T.

<https://www.griffinot.com/developing-childrens-fine-motor-skills/fine-motor-activities-with-kim-griffinot/>

Social stories and comic strip cartoons: <https://www.autism.org.uk/about/strategies/social-stories-comic-strips.aspx>

5 point scale: <https://www.5pointscale.com/>

Social skills games: <https://www.twinkl.co.uk/resources/specialeducationalneeds-sen/specialeducationalneeds-sen-social-emotional-and-mental-health-difficulties/sen-friendship-and-social-skills>

This website covers a range of resources to support your child:

<https://integratedtreatmentservices.co.uk/resources/speech-and-language-therapy/>

Dyscalculia

Information Websites:

<https://www.sess.ie/categories/specific-learning-disabilities/dyscalculia/tips-learning-and-teaching>

<https://www.bdadyslexia.org.uk/dyslexia/neurodiversity-and-co-occurring-differences/dyscalculia-and-maths-difficulties>

Tips:

- Concentrate on one problem at a time.
- Use lots of visuals and physical resources that the children can move around.
- Include children in supporting you with everyday maths problems e.g. cooking, measuring, money etc.

<https://blog.brainbalancecenters.com/2016/02/5-strategies-for-managing-dyscalculia>

<https://www.understood.org/en/school-learning/partnering-with-childs-school/instructional-strategies/at-a-glance-classroom-accommodations-for-dyscalculia>

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/resources/resources/>

Tips:

Speech sounds

- When children say things incorrectly, model speech for your child by repeating words back to them correctly.

Understanding:

- 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.

Expression

- 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 (look them up in a dictionary).

Social Communication

- 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:

<https://www.thecommunicationtrust.org.uk/>

Continue to work on Speech and Language targets set by the Speech and Language Therapist (if known).

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

Social skills games: <https://www.twinkl.co.uk/resources/specialeducationalneeds-sen/specialeducationalneeds-sen-social-emotional-and-mental-health-difficulties/sen-friendship-and-social-skills>

<http://autismteachingstrategies.com/free-social-skills-downloads-2/>

<https://integratedtreatmentservices.co.uk/resources/speech-and-language-therapy/>