

Useful websites and resources for Parents with children with Special Educational Needs:

Dear Parents,

As schools are closing due to the Covid-19 virus on Friday, I have put together a list of websites that are able to offer support and advice in these challenging times.

I hope you find them useful.

Kind regards,

Alexia Hollingsworth (SENCo)

1. How to talk to your child about the Covid-19 (Corona) virus

- Corona virus and your wellbeing

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

- Calming Corona virus anxiety in children

<https://www.specialneedsjungle.com/calming-coronavirus-anxiety-children-everyone-else/>

- Corona virus easy read

<http://easyread.info/coronavirus-easy-read/>

2. Support for parents of children with autism:

- Useful websites for general advice

<https://www.southwestautismsupport.com/services.html>

<https://www.autismeducationtrust.org.uk/shop/parents-guide/>

- Make a timetable of the things you are going to do during the day and stick it on the fridge, that will help reduce anxiety for your child.

<https://www.autism.org.uk/about/strategies/visual-supports.aspx>

also try **Pinterest** for ready-made resources.

- Talk with your child, use **social stories** or **visual comic strips** to explain what is happening.

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

3. Supporting children with Dyslexia:

- Useful websites for advice

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

<https://www.nessy.com/uk/parents/dyslexia-information/6-ways-parents-can-help-dyslexia/>

- Free audio books from Oxford Reading Tree
https://www.oxfordowl.co.uk/for-home/library-page?view=details&query=&type=book&age_group=&book=&book_type=Audio&series=
- A wider variety of books are available from Audible
https://www.audible.co.uk/?source_code=M2M30DFT1BkSH1015140063&ds_rl=1235677&ipRedirectOverride=true

4. Support for challenging behaviour:

- Both of these websites offer good advice on how to manage challenging behaviour
<https://www.familylives.org.uk/advice/primary/behaviour/challenging-behaviour/>
<https://www.familylinks.org.uk/free-downloads-for-parents>

General advice and ideas of coping with your child during school closures, can be found on these useful sites:

- <https://www.theschoolrun.com/helping-your-child-learn-during-school-closures>
- <https://www.netmums.com/>

More general ideas:

- Stick closely as you can to your usual routine to keep as sense of normality.
- Set an alarm, have breakfast and then get your children up and ready for the time that they would usually start school.
- If you are working from home, set up a designated 'workspace' so your children know when you are working and when you are available to play.
- Use this extra time to talk with your children. Have a family chat time each day, where everyone gets to talk about how they feel.
- Some children maybe frightened about the virus and the Covid-19 rules – use the websites above to reassure them. Remember, they may be hearing other things from their friends.
- Have a family meeting to discuss ideas about how to spend this time – make some plans.
- Review screen time rules – check out learning websites like:
 - <https://www.natgeokids.com/uk/>
 - <http://www.sciencekids.co.nz/>
 - <https://www.tate.org.uk/kids>
 - <https://www.bbc.co.uk/cbbc>
- Keep fit and healthy:
 - let your children run an exercise class for the family
 - set up a family disco, each person has a short playlist
 - <https://www.healthforkids.co.uk/>

- Go outside in to the garden:
 - http://www.bbc.co.uk/gardening/gardening_with_children/
- Ideas for things to do:
 - Baking
 - Bring out 'old school' games, cards and word games
<https://www.kidspot.com.au/things-to-do/kids-games/indoor-play/snap-12-classic-card-games-to-teach-the-kids/news-story/1d153893aee53908749c1377c588928c->
 - Set up a family disco
 - Find a project you can do together
 - Teach life skills, it's a great opportunity to teach children to do the laundry, change a bed, vacuum etc.
The important thing is to make it fun!
 - <https://www.goodplayguide.com/>