

Supporting Children and Young People with SEND

Information for Parents and Carers

BDSIP is a not-for-profit organisation which delivers a range of support services for schools. The Inclusion Team works with schools in Barking and Dagenham to deliver outstanding provision and outcomes for children with SEND.

This is a list of information websites, tips and resources to help you support your child to continue to learn at home during the current COVID-19 crisis.

Children have different needs and each child will need different support. While we have categorised them by common needs, we would suggest that you select the resources that *best 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.

ASD	
Information	Advice and support for families General resources and support during the COVID-19 pandemic Access to online community of support
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 throughout the day. This way, 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 may have this in the form of a workstation to support their learning. Each child's workstation may differ slightly, so you could ask your child to help you set one up so it is the same as school. • Prepare them in advance, where possible, for changes in 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 might be feeling. Alongside naming the emotion, describe it and discuss why you/they/characters might be feeling like that. • Use a 5 point scale to support children in managing their emotions where 5 is the worst it can be and 1 the lowest. • Use social stories and comic strip cartoons to help children understand different situations and perspectives. These can also help to address inappropriate behaviour. • Have a visual aid to support wanted and unwanted behaviours (see School Website for examples).

	<ul style="list-style-type: none"> • Be aware of your child's sensory needs. You will need to support them in managing their need to help them learn. For example they may need sound reducing earphones if noise is a problem; comfortable clothes; or a tidy work-station to avoid over-stimulation. • Play lots of games with your child to develop their social skills, such as taking turns or winning and losing.
Resources	<p>Visual Timetable</p> <p>Symbol World offers a range of free symbols for support with communication.</p> <p>Do2Learn provide resources to support communication</p> <p>Social stories and Comic Strip Cartoons</p> <p>The Incredible 5 Point Scale</p> <p>Developing Social Skills: Turn Taking How to teach turn taking Apps for Social Skills Do2Learn provide free social skills resources</p> <p>Creating a Workstation and other strategies which help to structure the learning environment</p> <p>Behaviour – Top Tips Encouraging Co-operative Behaviour Tips Behaviour Tips Do2Learn provide resources for behaviour management</p>
ADHD	
Information	<p>ADHD – Advice for Parents ADD/ADHD- Online Information Managing ADHD Self-Esteem Issues ADDitude magazine Surviving the Lockdown ADHD and Teens Addup – a local support group for ADHD</p>
Tips	<ul style="list-style-type: none"> • Try to keep to daily routines and structure. Provide checklists or visual timetables to support organisation. • Ensure boundaries are clear and consistent. It helps to identify the positive behaviours that you would like to see rather than to have a list of 'don'ts'! • Provide regular breaks for exercise and movement. • Create a quiet space for them to learn with no distractions.

	<ul style="list-style-type: none"> • 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. • Give instructions one at a time and ask them to do one task at a time. • Use timers to help with time management and build in frequent movement breaks. • Make suggestions to support positive engagement rather than criticise (children with ADHD often have low self-esteem). • Set up a reward scheme to encourage them and support them with positive behaviour. • Build on success and help children to pursue more of what they enjoy.
Resources	<p>https://www.thebodycoach.com/blog/pe-with-joe-1254.html</p> <p>Ideas for indoor physical activities – even if you don’t have much space!</p> <p>Advice from NHS – this includes activities to complete indoors.</p> <p>Managing ADHD 5-11 years This site includes strategies for managing behaviour, social skills, energy and tiredness.</p> <p>Behaviour Charts to Motivate Your Child</p> <p>Managing Stress and Anxiety during the crisis</p> <p>Homeschooling: 11 Top Tips</p>
Dyslexia	
Information	<p>British Dyslexia Association: How can I support my child?</p> <p>Dyslexia Assist: Advice for parents</p>
Tips	<ul style="list-style-type: none"> • 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. • It is a good opportunity for your child to learn Touch Typing. This is proven to have benefits for people with dyslexia. • Allow children to use a word processor to complete some written tasks. This highlights spelling errors and offers alternatives. • Play games to support memory and retention e.g. pairs, Go Fish. • 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

	<p>what will happen next. This will also develop their vocabulary and comprehension, without them even realising that they are learning.</p> <ul style="list-style-type: none"> • Don't make reading a fight. 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. 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.
Resources	<p>Dancemat Typing – free beginners typing course for children.</p> <p>Free Touch Typing program</p> <p>Phonics Play is free to use during the current crisis. Login details available via the link. They are also offering free access to Phonics Play Comics</p> <p>We are teachers have games to help support working memory.</p> <p>Working Memory Boosters</p> <p>Audible have made audio books free for children during the pandemic. No registration or credit card required.</p> <p>Storynory: free audio books</p> <p>David Walliams is reading a story a day via his website</p> <p>Oxford Owls for Home</p>
Motor Coordination Disorder/Dyspraxia	
Information	<p>Dyspraxia Foundation</p> <p>Movement Matters</p>
Tips	<ul style="list-style-type: none"> • It is a good opportunity for your child to learn Touch Typing. You should allow them to use a word processor to complete some written tasks. • It will help them to create routines and structure for their day. • 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 and give them one instruction at a time. • Provide checklists or visual timetables to support their organisation. • Use timers to help with time management and build in frequent movement breaks.

	<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. • Help your children develop their fine and gross motor skills and core stability.
Resources	<p>Strategies to support children with dyspraxia</p> <p>Dancemat Typing – free beginners typing course for children.</p> <p>Free Touch Typing program</p> <p>Fine and Gross Motor Skills Activities</p> <p>Visual Timetable</p> <p>Social stories and Comic Strip Cartoons</p> <p>The Incredible 5 Point Scale</p> <p>Developing Social Skills: Turn Taking How to teach turn taking Apps for Social Skills Do2Learn provide free social skills resources</p>
Dyscalculia	
Information	Dyscalculia and Maths Difficulties
Tips	<ul style="list-style-type: none"> • 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.
Resources	<p>Strategies for Managing Dyscalculia</p> <p>Strategies for Dyscalculia</p> <p>Supporting Learning for Students with Dyscalculia</p> <p>White Rose Maths: Free resources for home-learning during the current crisis</p>
Speech and Language	
Information	Afasic : Advice and support for parents of children with Speech, Language and/or Communication difficulties
Tips	<p>Speech sounds</p> <ul style="list-style-type: none"> • Model speech to the children by repeating words back to them correctly. However to support self-esteem, it is helpful to avoid

	<p>pointing out that what they said is wrong; it is often sufficient to say the word again correctly in your response to them.</p> <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. <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. <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>The Communication Trust: resources for parents</p> <p>Visual Timetable</p> <p>Symbol World offers a range of free symbols for support with communication.</p> <p>Do2Learn provide resources to support communication</p> <p>Developing Social Skills: Turn Taking How to teach turn taking Apps for Social Skills Do2Learn provide free social skills resources</p>

General Support for Families

[Home Start](#)

A range of ideas and resources to support your family during the COVID-19 crisis.

[Young Minds](#)

Support for young people with mental health difficulties.

[Contact](#)

Support for families with disabled children

[Council for Disabled Children](#)

Advice and support for parents and carers

[Family Fund](#)

A charity providing grants and supports for families with disabled and seriously ill children

[Child Friendly Explanation of Coronavirus](#)

[Homelearning UK](#)

Providing resources and support for parents during the current crisis

[Amazing Educational Resources](#)

A list of resources available to parents for home learning

[Chatterpack](#)

A list of resources to support home learning

[Busy Things](#)

Offering resources for families for £1 per month during the current crisis.

[Equals](#)

Free resources on a range of subjects for children with severe and profound SEND.

[Priory Woods School](#)

Free resources for children aged 4-19 with a range of SEND.

[SENICT Software Online](#)

Free access for one month to resources for children and young people who are learning to interact with a computer using assistive software.

[Kids Activities Blog](#)

A huge list of companies offering free subscriptions to parents during the current crisis. Settle yourself down with a cuppa and decide what you might be looking for before you begin browsing!

[BDSIP Pinterest board for SEND & Inclusion](#)

Resources available to support home learning