

How to help children with special educational needs

While we are open for SEND children there are some who have chosen to stay at home.

As school closures and social distancing bring many changes and new challenges for parents and their children, we've got advice and support to help you make things easier at home.

Create a routine for your child.

It's normal for a lack of routine and structure to make children feel anxious and upset, especially if they have special educational needs and disabilities. If your child's no longer going to school, creating a routine is important and there are ways you can do this together.

It's important to include your child when thinking about how you structure the day and different activities you can do together. You might want to think about having different routines or activities in different rooms for example, depending on the space you have at home. Perhaps there's something your child loves doing, like artwork or playing games that can become part of their daily routine.

It can help to ask your child's school what they normally use to create routines. You are welcome to contact the school via the email parents@odessa.newham.sch.uk to ask Mrs Parves for further support.

Here are some suggestions that may support your child at home:

- A 'Now and Next' board, using two pictures to show what's happening now and what the child will be doing next.
- A visual timetable, using pictures to plan the day. If the whole day is too much to focus on, a timetable could be made for a morning or an afternoon instead.
- A weekly timetable, to show key things to look forward to on different days.

Pictures are easier for many children to understand than written words. There are resources for making timetables online, or you could draw your own. Some children will want to know the time when different activities will start, but other children won't need this. It can help to ask your child what they'd prefer if they are able to do so.