

SEND Newsletter

FEBRUARY EDITION

Why Are Consistency, Boundaries and Routine Important?

- Consistency helps children feel secure and reduces anxiety by making their environment predictable. Knowing what to expect allows them to focus on learning and developing.
- Boundaries teach children about acceptable behaviour, helping them feel safe and understand their place in the world. Clear boundaries encourage self-regulation and respect for others.
- Routine provides structure and helps children transition between activities smoothly. It supports the development of independence and helps children manage their time effectively.

What to Do When Things Don't Go as Planned

Stay Calm

Children take cues from adult reactions, so staying calm can help de-escalate situations

Be Flexible

While consistency is important, it's okay to adapt when things don't go as expected. Explain changes clearly and calmly.

Reflect and Reset

After a challenging moment, reflect on what happened and how to adjust the routine or boundary for the future.

Top Tips

1. Build a Clear Daily Routine

- Create a visual schedule with pictures or symbols to show the day's activities.
- Include consistent wake-up, meal, play, and bedtime routines.
- Prepare your child for changes by discussing them in advance.

2. Set Clear and Realistic Boundaries

- Use simple, specific language when explaining rules (e.g., "We sit at the table when eating").
- Reinforce boundaries with positive reinforcement when they are followed.
- Be consistent in applying consequences if boundaries are not respected.

3. Use Visual and Sensory Supports

- Visual timetables, timers, or colour-coded systems can help children understand routines.
- Sensory supports like fidget toys or calm corners can aid transitions and emotional regulation.

4. Model and Reinforce Positive Behaviour

- Demonstrate the behaviours you want to see, such as using a calm voice or following the routine yourself.
- Celebrate successes, no matter how small, to build confidence and motivation.