

SEND Newsletter

AUTUMN 1 EDITION

Routines, Boundaries and Expectations

Children thrive on routines. There is so much that is new in your child's world every day that making things predictable is comforting for them.

It gives your child reassurance when they know what to expect and this gives them confidence to carry out tasks independently.

Local Support:

ADDvanced Solutions - Community-based workshops and learning programmes. Pre-diagnosis support. You don't need an official diagnosis to access their help.

Koala North West: A non-judgmental charity offering tailored family support across Wirral. They assist with establishing home routines, setting boundaries, and implementing positive behavior strategies through 1-on-1 support or home visits.

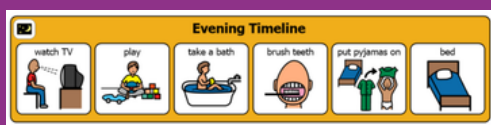
Contact: 0151 608 8288

Family Toolbox (familytoolbox.co.uk), a Wirral-wide initiative designed to give parents straightforward tips and local contact points for behavior and family challenges.

Visuals:

Using a visual timeline can help to put structure in to your child's day. In turn this can relieve anxiety.

It can support the young person to know what is going to happen and help develop familiar routines.



Top Tips:

Setting Clear Boudaries and Expectations:

Boundaries are important when creating a calm and happy environment at home.

To encourage good behaviour, describe the behaviour you'd like to see in terms of the rule:

e.g

"Well done for brushing your teeth, you are so good at taking care of yourself."

"How could you show me how you can look after your room? "

Try to use positive language - tell your child what to do, rather than what not to do.

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Consequences:

Establish a bank of consequences you can use as a 'go to'.

Ensure the consequence matches the behaviour.

Can you follow the consequence through easily without significant impact on family life?

Stay calm! Be rational. Explain.

If you have concerns about your child or would like to discuss how we can better support them in the classroom, please don't hesitate to reach out to our school's class teacher or SENDCo (Special Educational Needs Coordinator).