Hazelmere Junior School SEND

Mrs Button-Kalanyosi- SENDCO
Mrs Gamble- Assistant SENDCO

Supporting your child with routine at home:

Visual aids and planners are really helpful when supporting your child to prepare for the day ahead. There are lots of resources out there online to support your child, however, it is free and easy to make your own at home. Even better, your child may want to make one to use!
Using craft materials, glue and velcro, it is easy to make durable timetables and visuals that can be used at home.

First / Then:

widgitonline.com/account/folders/2962798/documents/69640176/pdf/

A great way to start to use visuals with your child is to use 'First / Then' boards.

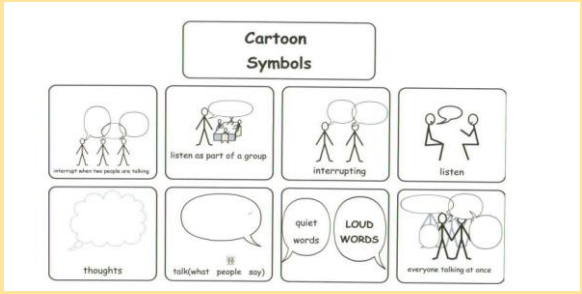
These boards help to build child expectation, adult agenda and still give the child an element of control.

The way that 'First/Then' boards work is that the adult uses the words alongside the visual to explain what will be happening. Quite often this can be used with a motivator e.g. "first reading, then Lego".

The language of first and then can eventually just be adopted into everyday conversations about routine, and as your child gets older you may not need the visuals to go alongside it e.g. "first we'll go to the shops, then play to the park".

Children, especially those with additional needs, are never too old for visuals. In fact quite often, adults assume that children have outgrown the visuals before they actually have.

Visual prompt cards



The use of symbols to support key words in communication can be useful alongside visual time tables to reinforce what is happening e.g. time for lunch/ group time. They can also be useful to communicate behavioural expectations e.g. a symbol for stop.

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Sand timers:

To support turn taking, a child to change activity or when there is a change of routine. For these scenarios use simple language such as "1 minute then ……. has finished" pointing to the sand timer or "Harry's turn/ time for…." (Put a sticker on one end of sand timer so you know if it has been turned over)

The best way to support pupils with Attention and Listening difficulties is visual support.

Why use visual supports? Words "disappear" right after we say them, visuals hold time and space.

- Visuals direct attention to them and hold attention.
- Visuals allow more time to process the information.
- Visuals assist in remembering.
- Using the same words every time a visual is shown, teaches the child those words.

Daily Routines:

widgitonline.com/account/folders/2962798/documents/69640176/pdf/

Once your child is ready, visuals can be used to support a specific routine. This could be toilet training, bedtime routine or morning routines.

These visuals build on the 'first/then' concept and support your child to learn a new or less favoured routine.

Again, these visuals do not need to be flash, they can be hand made / drawn at home.
Use the visuals to map out each step of the routine.

Depending on the age and needs of your child, will depend on how many visuals you have in the routine. These can be slowly added as your child becomes confident with each step.

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Below are helpful links to support the topic of Dyslexia and Specific Literacy Difficulties (SLD):

- https://youtu.be/11r7CFlK2sc - What is dyslexia?
- What is dyslexia? - British Dyslexia Association (bdadyslexia.org.uk)
- What is Dyslexia? - The Dyslexia Association - The Dyslexia Association
- Dyslexia: What is it? - CBBC Newsround

Below are helpful links to support the topic of ASD:

- AutismAwareness.com
- Autism: What is it? - CBBC Newsround
- What is autism
- Where to get support if you're autistic - NHS (www.nhs.uk)
- Symptoms of Autism - Child Autism UK - releasing potential
- Education Endowment Foundation | EEF
- www.nice.org.uk/guidance/cg128/chapter/

Below are helpful links to support the topic of ADHD:

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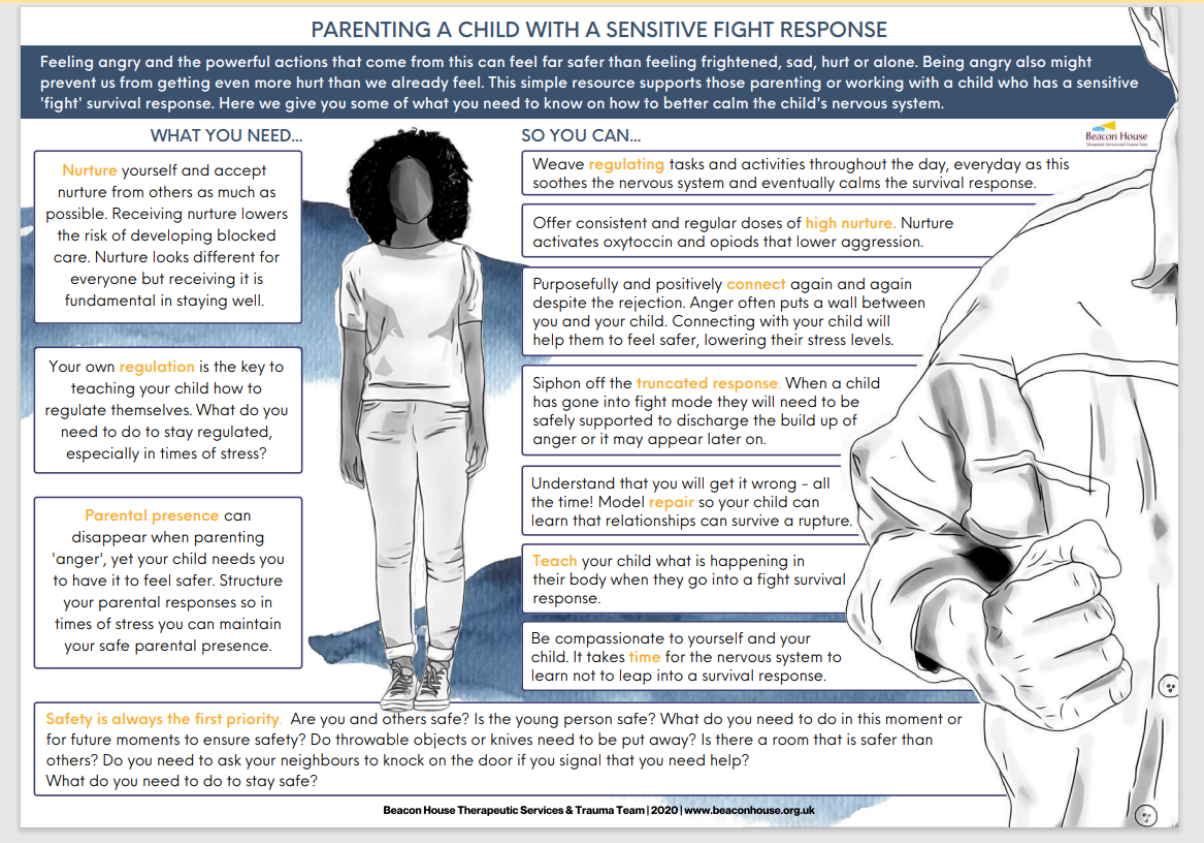
- TADD Talks for ADHD Awareness! - ADDA - Attention Deficit Disorder Association
- Children with ADHD Archives - ADHD Aware
- Home - ADHD Foundation : ADHD Foundation

Below are some helpful links to support the topic of DLD:

- Developmental Language Disorder | RADLD
- Understanding Developmental Language Disorder (speechandlanguage.org.uk)
- The Communication Trust (speechandlanguage.org.uk)
- Developmental Language Disorder | DLD (thedldproject.com)

Below are some helpful links to support the topic of Mental Health Awareness:

- Five ways to support children's mental health - BBC Bitesize
- Child mental health: recognising and responding to issues | NSPCC Learning
- Helping your children with a mental health problem - Mind
- stem4 - supporting teenage mental health
- Children's mental health - Every Mind Matters - NHS (www.nhs.uk)