

Social Eyes

A vision for inclusion



A Social Communication Support and Advisory model

Supporting your child in the times ahead. With schools likely to close due to the Corvid-19 outbreak how can families support their primary aged children at home? Here are a few ideas:

- ✓ Many children with Social Communication as well as most others, will be anxious around the virus and the significant impact on their and your lives. Answer their questions honestly and realistically – research answers together and plan possible outcomes
- ✓ Reinforce hygiene rules and their importance to keeping you all safe and healthy at this time – allow them to research these rules and the guidance and, if possible, present them visually for the family – labels/symbols in the bathroom
- ✓ Ensure clear routines at home – plan out the structure of days – keep as predictable as possible – create a timetable for your family and prepare for further changes
- ✓ Try and keep bedtime, waking up and mealtime routines as similar to their school week as possible
- ✓ Set up *Skype/Face time* with family and friends – access safely together
- ✓ Have clear outcomes for the days and clear expectations, preferably displayed
- ✓ Have a 'to do' list and/or a board where each of you can stick on notes with ideas and realistic wishes for the days ahead
- ✓ Highlight that although not attending school they are still accessing learning and a curriculum that the school has set and will be accessed at home. Factor this learning time into their timetables
- ✓ Access to online learning such as *BBC Bitesize KS1/2* and a range of other sites – revise/overlearn concepts from across the year – get actively involved – learn together
- ✓ Have a range of new books to share as a family, try new board games
- ✓ Ensure that they know that you are proud of them and that this is a difficult time for everyone and for yourselves as a family which is why you are team that supports each other
- ✓ Involve them in helping elderly neighbours and family members – this is a very real opportunity to develop social awareness
- ✓ Use this time to get into their interests and develop better communication between you all as a family
- ✓ Value and allow for special interests
- ✓ Acknowledge that they will still want/seek their own space – this becomes more precious and needed as you spend longer periods of time together!!
- ✓ Exercise together at home – fitness videos/courses online as a family
- ✓ Keep each other updated with news and how extended family members/friends are doing. Bear in mind that the news at present can feel overwhelming and relentless
- ✓ Use this as an opportunity to learn a new skill – craft/DIY and most especially, cooking/gardening
- ✓ If still appropriate to go out find places to walk which will provide exercise and relaxation as well as support sensory/physical processing needs

Above all else, stay healthy and safe together. Wishing you and your family good health in the times ahead.