

Support at home



We understand that we are not there face to face at the moment for all of the pupils that we support, but the HNSS team are corresponding with the students via Teams. If you think your child would find more contact helpful, please let us know.

Here are some strategies that you can use at home to support you child if they feel stressed or anxious or are just not coping at any point during lockdown, some of these may not work and that is okay.

- 1) Keep your child in a routine, it is really important to get them up and get them ready each morning as they would for school. Structure and routine are good and mentally it gets us ready for the day ahead. The weekly live assembly and live lessons will support with this.
- 2) If your child is feeling stressed with school work online then make sure they use their three breaks to have a complete rest from technology.
- 3) Break up the work into smaller chunks and if you can use a visual cue to show them what they have to do. Encourage them to use the chat on the live lesson to get additional support from the staff on the call.
- 4) If they need it, use a timer to give them a clear start and finish time for each activity or lesson. You can use online timers, such as the one here - <https://www.online-stopwatch.com/> or you can buy one online.
- 5) Make sure that they get some downtime and they get some time to relax. Encourage them to get fresh air at lunchtime or after school ends, encourage them to exercise.
- 6) If you child is being supported via an additional live session with a HNSS or an intervention team, please encourage them to partake as this will give them additional support.
- 7) If your child gets angry, then give them some space and allow them to go somewhere that they feel safe, possibly their bedroom and let them do something that they like, something that will calm them down.
- 8) Do not push them to talk about why they are angry or upset until they are ready to talk. If you push it too quickly then they may have to start the process of self-regulation again.
- 9) Provide them with calming/sensory equipment. It can be as simple as a ball of blue-tack or can be more expensive, such as a sensory cube or tangle toy.
- 10) If your child needs an overlay in school then they can download the Colorveil programme to support them whilst they are doing their online learning and it is free - <https://www.aurelitec.com/colorveil/windows>
Or SS Overlay: [Download ssOverlay by Fxc \(informer.com\)](#)
- 11) Do not struggle alone, ask for help. Please see the links below that can support your child and you.

Links to support you further:

[Supporting children with special educational needs and disabilities | NSPCC](#)

[Parents' Toolkit: SEND - BBC Bitesize](#)

[Homeschooling during lockdown | Disability charity Scope UK](#)

[How to Support Children with SEND through the Covid-19 Lockdown - First Aid for Life](#)

[Supporting a child with special educational needs \(SEN\) at home during COVID-19 | Priory Education and Children's Service \(priorychildrenservices.co.uk\)](#)