



## Supporting Organisation

For children and young people with neurodevelopmental conditions

Our children and young people with neurodevelopmental conditions often find organising themselves and their belongings, surroundings and schoolwork to be very challenging. This will be different for each individual but will be partly due to processing difficulties, difficulties in prioritising, remembering, as well as coordination difficulties.

### How can we help?

Ask them! They will know what will work for them

Work in tiny steps, don't take on too much

Be encouraging and reward progress

Encourage consistency and be consistent too

Work together to achieve small goals

Consider any sensory needs when planning

Allow time for them to process changes and ideas

❖ **Let others who are supporting your child/ young person know what strategies you have agreed with them, to allow consistency across settings.**

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Less is more! Help them to declutter

Use clear, coloured storage boxes, labelled and easily accessible

Colour coding; let your child/YP choose the colours

A place for everything...makes it easier to stay organised

Consider using visible baskets instead of drawers/cupboards.

Keep it visual: schedules, photographs, calendars, checklists

Make use of reminders and calendar on phone, tablet etc.

Put up a clear timetable for school/college work

Help them to create an attractive checklist; use their styling

Reward small accomplishments

Lead by example ☺ model and explain your own strategies!

Use “us/we” approach – doing this together

❖ **Use helpful apps, e.g. iHomework or iStudiez**

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