

The London Borough of Bexley's

# Quality First Teaching and Special Educational Needs Support Toolkit

2<sup>nd</sup>  
Edition



## How to support your child at home

Suggested strategies written by parents and carers in  
Bexley

(Pages extracted from the main document published March 2022)

# Parent and carer strategies to support your child at home with...

The following section has been written by Bexley parents and carers. These are a range of suggestions that have worked for them and their child. They may not be applicable to all families, circumstances or needs, but some may be useful.

## Learning and Homework

- ✓ Tactile learning, for example, when learning number, lay numbers out the floor and jump on them. Practice writing numbers or words using a sand tray, in flour or in the air.
- ✓ Repetitive (over learning).
- ✓ Using an exercise bike, trampoline or repetitive physical activity whilst learning to chant spellings or times tables.
- ✓ Timers or visual countdowns so children know exactly how long they have to work for.
- ✓ Learning in small chunks with achievable expectations. "You have 10 mins to do the next 4 questions, then you can have a break."
- ✓ Use Alexa or other smart devices to set timers for starting and finishing tasks.
- ✓ Use overlays or coloured exercise books for those children with visual disorders.
- ✓ Include regular rest breaks throughout tasks.
- ✓ Always give lots of praise and encouragement for any achievement, however small.
- ✓ Listen to calming music whilst learning.
- ✓ Give time for children to process and assimilate information.
- ✓ Have plenty of snacks available so they don't get hungry.
- ✓ Ask your child to read to a pet or favourite teddy.
- ✓ Cuddling a pet or favourite teddy whilst learning.

## Feelings / Anxieties / Worries

- ✓ Use of weighted blankets or wheat sensory teddies as calming aids.
- ✓ Warm bubble bath to relax.
- ✓ Use a diary. Let the child tear the negatives out and put them in a bin so that writing removes the pressure from having to say it.
- ✓ Use of pets for non-verbal communication.
- ✓ When angry or having a meltdown, hold and hug them. Tell them "I understand how you feel" to show that you recognise their feelings.
- ✓ Be calm and listen to the child's view.
- ✓ Use of LED lights in a room which change colour to help keep them calm.
- ✓ Reserve a toy for certain times throughout the day such as when jobs are done or to prevent a meltdown.
- ✓ Use the Worry Monster sheet. (Resource 4)
- ✓ 40
- ✓ Using comic strip stories to help children to unpick social situations and remind them of good outcomes when they have been successful.
- ✓ For some children who are very upset or having a meltdown, wrap them in a blanket and give them a bear hug. The sensation of a tight hug can be very reassuring and calming.





# Parent and carer strategies to support your child at home with...

## Positive Communication

- ✓ Reminding ourselves that, as parents and carers, we are experts in our child's condition.
- ✓ Agreeing a specific time together to discuss their day: "Tell me 3 things good and 1 thing not so good that happened today?"
- ✓ Pets for non-verbal communication.
- ✓ Ask – remind – repeat and explain why.
  - "Please can you put your shoes on".
  - Don't forget to put your shoes on!"
  - Please can you put your shoes on, otherwise we will be late for the party."
- ✓ Discuss the daily positives with your child, that sometimes may be prompted by staff verbal feedback or comments in a home school book.
- ✓ Be very explicit in instructions. Tell them exactly what it is you want them to do. "Please go and brush your teeth". This can be re-enforced by using photo prompts such as a picture of them brushing their teeth.
- ✓ Have planned regular 1:1 quality time with your child.
- ✓ Use rewards charts to encourage positive interactions and behaviours.
- ✓ Using external agencies for support such as:
  - Bexley Voice: Bexley Voice is a voluntary organisation of parents and carers of children and young people (age 0-25) with special educational needs and disabilities (SEND) living in the London Borough of Bexley.  
[www.bexleyvoice.org.uk](http://www.bexleyvoice.org.uk)
  - SNAP: Bexley Snap offer disabled children and young people aged between 1 and 25 years an exciting and varied programme of clubs to provide parents and carers support, guidance, and regular breaks from their caring responsibilities.  
<https://bexleysnap.org.uk>
  - IASS (Information and Advice Support Services)  
IASS provide impartial and confidential information and advice about the local authority's policies and procedures and about the policy and practice in local schools and other settings.  
[www.bexleyiass.co.uk](http://www.bexleyiass.co.uk)

## Useful websites:

- ✓ To help develop all curriculum subjects from EYFS to Post 16. Free resource  
[www.bbc.co.uk/bitesize](http://www.bbc.co.uk/bitesize)
- ✓ Dance Mat Typing (to develop touch typing skills) - free resource  
[www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr](http://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr)
- ✓ Reading Eggs (to develop reading skills) Subscription costs apply  
[https://mathseeds.co.uk/?\\_ga=2.159577790.2033603263.1639481493-913510636.1639481493](https://mathseeds.co.uk/?_ga=2.159577790.2033603263.1639481493-913510636.1639481493)
- ✓ Maths Seeds for ages 3-9 to develop Maths skills. Subscription costs apply  
[https://mathseeds.co.uk/?\\_ga=2.159577790.2033603263.1639481493-913510636.1639481493](https://mathseeds.co.uk/?_ga=2.159577790.2033603263.1639481493-913510636.1639481493)
- ✓ Bexley's Local Offer  
[www.bexleylocaloffer.uk](http://www.bexleylocaloffer.uk)
- ✓ Resources to support children's well-being  
[www.elsa-support.co.uk](http://www.elsa-support.co.uk)
- ✓ Resources to support home learning (from Early Years through to Post 16)  
[www.twinkl.co.uk](http://www.twinkl.co.uk)

In association with Bexley parents, carers and Bexley Voice

