



## Home Support for SEND at Rise Park



We understand that we are not all together at the moment and face to face contact is difficult but we are always here for any parent or pupil who needs support. You can contact your class teacher via Showbie, call the school office or email [admin@risepark.nottingham.sch.uk](mailto:admin@risepark.nottingham.sch.uk) and someone will get back to you.

The following are some strategies that you might like to try to support your child at home if they are feeling stressed or anxious at any point during lockdown. Some of these may work and some of them may not and that is okay. Remember, our nurture specialists, Mrs Watts and Mrs Lamb are also available and you can view activities from them on the nurture area of our school website.

1. Keep your child in their usual routine. It is really important to get up as you would usually do, have breakfast and prepare to start your day. Some children may even benefit from wearing their school uniform. Familiar structures and routines help us to get ready for the day ahead.
2. If your child is feeling stressed or is struggling with their school work, take a break. It is okay to walk away and it is okay not to complete everything in one go.
3. You might find a timetable useful with planned breaks and visual cues if needed. This will enable your child to understand the expectations of the day and also see where they are going to be able to relax and have some free choice time.
4. Break the work into smaller chunks and if you want to you can use a 'Now and Next' board to show your child what they need to do. We can help you with this if you need it.
5. Some children may find it helpful to have a timer to give them a clear start and finish time for each activity/lesson. Other children can find this overwhelming, remember you know your child best. You could use a mobile phone stopwatch or you can use one online such as this <https://www.online-stopwatch.com/>

6. If your child gets angry or frustrated, try to give them some space. It will be stressful for both of you if you battle. Let them have some time to themselves to relax and calm down. We can provide calming and self-regulation techniques for this if you need some but you could try yoga, listening to music, shouting into a pillow or drawing a picture and then tearing it up. Allow enough time for your child to be calm before you try to gently discuss the situation.
7. Provide your child with some calming/sensory equipment. This can be as simple as some playdough or a ball of blu-tac or something you can buy on Amazon such as a 'bendy man' or 'fiddle toy'. Please contact school if you need any advice or help with this.
8. If your child has dyslexic tendencies or finds it difficult to read black writing on a computer screen, you can download the Colorveil programme for free –

<https://www.aurelitec.com/colorveil/windows>

This allows you to change the density or colour of a computer or laptop screen.

9. Try to find something fun to do together every day so that your homelife is not all about school work. Play a board game, take a walk, bake together or even listen to music and dance around your living room.
10. Remember you do not need to struggle alone. We are always here to help and you only need to ask no matter how big or small. There also many national agencies which you can contact for support if you feel you or your child require it.

