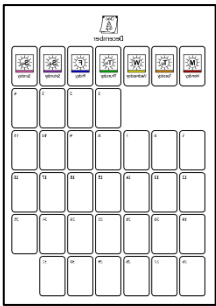


Christmas Time visual resources.

Christmas holidays are nearly here, and as a mum to children with special educational needs I know how challenging holidays can be for our young people, in my house it is due to the change or lack of routine.

I have put together some visuals which I hope can help your child know what is happening during the holidays and reduce some anxieties.

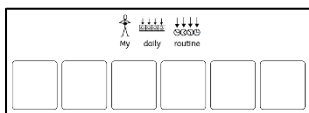
I have hopefully included visuals suitable for your family including:



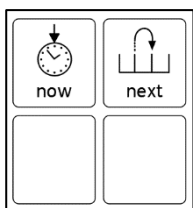
- A monthly calendar - If like me, you have a child who asks what is happening every minute of every day then a visual timetable can really help. I use a calendar at home all year round, but especially during the school holidays, this way my boys can see what is happening. If they ask, "what's happening on Tuesday?", I will tell them, and give them as much detail as I can, who they are going to be with, how we are going to get there, what time we need to leave, if we are meeting anyone else, etc. If they ask again, I try to direct them to the calendar to look or ask them to tell me what is going to happen, filling in any missing information, so that they can process the information and start to reduce their own anxieties.



- A weekly timetable - to add what will be happening for the week in the morning and afternoons.



- A daily routine can help reduce anxieties for our children, sitting with your child and putting the routine for the day in place and having it somewhere that it can be seen can help with anxieties



- A now a next board needs to be changed throughout the day, showing your child what is happening now for example "now its breakfast and next we are going to brush your teeth". Then it might be "now we are brushing our teeth and next you can watch TV".

I hope these visuals help your family, if you would like any other visuals or support with communication at home, please send me an email with what you would like for home, or we can arrange to meet or chat over the phone to discuss what visuals might help. I look forwards to hearing from you.

Claire Hennings

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