

Ideas for Relaxation:

- CDs , Yoga, Deep Breathing, preferred activities that may calm your child

Name:

If you have any queries please contact Children's Therapy

Our details:

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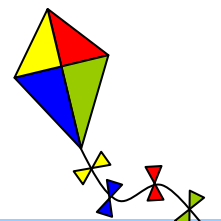
Additional resources:

- Visual timetables
- Now and next Boards
- Timers (sand, liquid, traffic light)

There are various resources that are free to download from the Internet e.g.

- Visual timetables
- Now and Next boards

Transition



Children can find transition very difficult.

Does your child struggle with....

- going to new places
- last minute changes at school or home
- moving from one activity to another
- changes between school, weekends and holidays
- moving from nursery to school or between schools
- transition between classes/year groups
- changes of seasons

Children may present with anxieties including emotional and/or physical outbursts.

Strategies that may help could be very different for each child.



Prepare for change:

- Plan visits and maybe phased entry to school, new class or places
- Meet and take photos of key people
- Make a book of photos and key information your child can refer to

Visual Supports:

- Can help your child understand what will be happening and reinforce verbal communication
- These will need to be used more than once
- Show outcomes as well as stages of the process e.g. for bus journeys, make sure you include a picture of the final destination
- Mark the day of change on a calendar and encourage your child to count down to that day



Use of Social Scripts (see separate information):

Short descriptions of a situation, event or activity, which includes specific information about what to expect in that situation and why

Communication:

Share information about your child including their needs, likes, dislikes, capabilities, difficulties and what causes them anxiety

Manage anxieties:

Ensure your child has opportunities to ask questions or express concerns and talk these through Consider giving them a worry toy, book or box