

Dear Parent/ Carer

Here are some tips and strategies to support you and your child while you are at home due to the current situation. We have sorted activities into categories to match your child's needs.

- **You do not have to do these activities!**
- The way they learn things may be different - that's ok.
- Some children will find it hard to concentrate for long with so much change. Do short sharp bursts of activity with lots of breaks, that's ok also.
- Select the tips that suit you and your family.
- Whenever it is possible the activities should be fun.
- Follow your child's interests - it's often the best way for them to learn.
- If you are having trouble completing your school's home learning activities, please contact your SENCO.
- For our pupil's working at home may be confusing and difficult, so please don't put pressure on yourself or your child. **Do what you can, when you can, keeping you and your child as happy and calm as possible is the main objective!**
- **Internet Safety** - Supervise your child when going on suggested You Tube links or on the internet to ensure that the site is safe - even though we have recommended them and checked them to be safe we cannot be sure they do not get hacked - internet safety is important.

We have used the **SCERTS** framework to create this. SCERTS stands for Social Communication Emotional Regulation and Transactional Support Strategies. Children and Young people are grouped into three levels as follows:

Social Partner: 'before words', or using very few words, signs or symbols

Language Partner: 'emerging language', 100 symbols, words, phrases, signs
Up to 20 word combinations

Conversational Partner: 'chatty kids', Putting sentences together
More than 20 word combinations

In each section we have provided:

Strategies

Strategies for you to support your child/ young person's emotional regulation and wellbeing, including Autism and Anxiety.

Activities

Activities to do at home:

- **Learning** activities to help occupy your child/ young person's mind and assist learning whilst at home.
- **Just for Fun** activities for your child/young person to engage with whilst at home.

Websites

A list of recommended Websites with helpful information or resources.

We also have a special **Secondary Young Person** section for autistic Young People of secondary age.

In addition, the **Barnet Early Autism Model (BEAM)** team have also compiled some suggestions for pre-school children.

You will find helpful resources in our resource section. We have also included resources for **Understanding Covid-19**.

Best Wishes,

Barnet Autism Advisory Team